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SEPTEMBER/OCTOBER 2015



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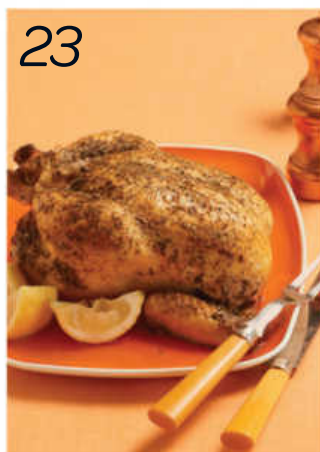
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LETTER FROM ALLRECIPES

Here's the thing about working at a magazine: Just like a lot of other jobs, it involves spending a lot of time in front of a computer and a lot of time in meetings. You create stories that you hope people like, you send them out into the world, and then you wait patiently to get feedback... typically via email. So it's a big deal for us when we get to meet readers in *person*, with no electronic buffers! Actual conversation! Real faces! Woot!

This past May, 35 [Allrecipes Allstars*](#) came to New York City for the first annual [Allrecipes Get Together](#).

There was a kickoff cocktail party and then a full day of Allrecipes immersion: a workshop on food styling and food photography; a session on the smartest ways to use social media; a sneak peek at the redesign of the Allrecipes website (coming soon!); a look at how an Allrecipes magazine story is born; and a group brainstorm on dinner

parties and entertaining. Oh, and then there was the field trip to Williams-Sonoma for a wine and cheese tasting, and a shopping spree.

The energy and enthusiasm from the Allstars were off the charts. For the magazine team, it was awesome to finally meet the people behind the recipes we've been running in our pages [and to see the faces behind user handles like Baking Nana, Mis7up, Mauigirl, and RainbowJewels, to name just a few](#). At the same time, it

also felt like we'd known these cooks for years, and in some ways we had: The reviews, comments, and suggestions on the site are a conversation—a cooking conversation among community members that's been going on for over a decade.

Thanks to everyone who made the Get Together possible, and to everyone who attended. We hope to see even more of you next year.

Happy eating!
YOUR ALLRECIPLEEPS

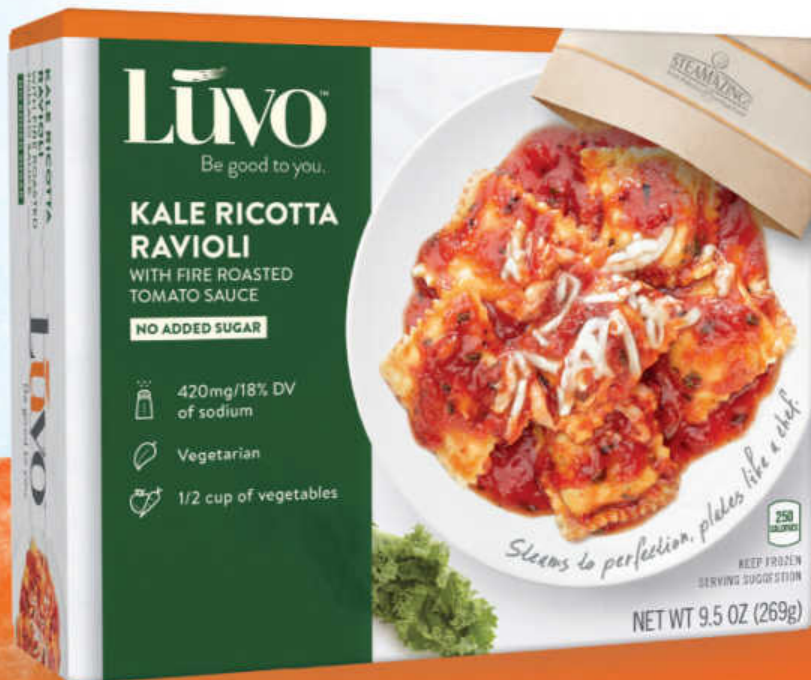


Top row: Allstars on the streets of NYC. Middle: a photo booth moment; secrets to food styling. Bottom: dreaming up dinner parties; the magazine's editor in chief (in gray) about to announce—drumroll, please!—Williams-Sonoma gift certificates for everyone, making for very happy Allstars.



*The Allstars are Allrecipes superfans, a select group of our most passionate and actively engaged community members. To learn more about becoming an Allstar, go to [armagazine.com/allstars](#)

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RECIPE INDEX

All the recipes in this magazine and on our website come from cooks just like you—and since Allrecipes is the biggest recipe site in the world, there are lots to choose from! The star ratings and reviews are also from your peers, people who made the recipes and posted their comments and suggestions. If you'd like to submit a recipe to be considered for publication, go to armagazine.com/submitrecipe

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Shrimp and Jalapeño Nachos
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- **Gluten-free** = Contains no wheat, rye, or barley (or products such as bread or pasta that typically contain or are processed with those grains). Products vary by brand; always check ingredient labels to avoid hidden sources of gluten.
- **Healthy Pick** = In line with U.S. Department of Agriculture healthy eating guidelines, based on a 2,000-calorie-per-day diet that emphasizes produce, lean protein, whole grains, and calcium-rich ingredients, and minimizes added fats, sugar, and sodium.
- **Quick** = Ready in 30 minutes or less.
- **Vegetarian** = Contains no meat, poultry, or seafood. May contain dairy products or eggs.
- **Vegan** = Contains no animal products.

You'll see these on recipe pages:

- ★ a five-star recipe
- 💎 a gem of a recipe that doesn't yet have a lot of reviews but deserves your attention
- 💚 a healthy-pick recipe
- ⚡ a recipe ready in 30 minutes or less



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WHAT YOU CRAVE! TRENDS * FACTOIDS * FAVES

Halloween Highlights

More than 162 million Americans celebrate Halloween, so it's no surprise that searches for (and social media posts about) spooky snacks and treats are highest in September and October. What is surprising is that some Halloween fans start hunting for recipes in August. Frightfully serious business!



3.4 pounds

Amount of candy the average American eats on Halloween

But Allrecipeeps also are looking for healthy recipes to scare off candy cravings: Our Stuffed Jack-O-Lantern Bell Peppers scored **366** Facebook likes.



561

Halloween recipes on Allrecipes.com



4,293

Searches for punch or Halloween drinks last fall

Halloween clearly ain't just for kids: Marigolddesigns' Liquid Vampire punch—a blend of Cabernet Sauvignon, cranberry juice, and raspberry schnapps—earned **300** Instagram likes.



57,551

Searches for pumpkin recipes in autumn. Your faves: Pumpkin seeds (**29,540** searches), pumpkin pie (**4,885**), pumpkin bread (**4,084**), and pumpkin cookies (**1,093**)

Community member Rainbow-jewels' Glazed Pumpkin Donuts scored **685** likes last fall, making it the season's most popular sweet treat on our Facebook page.



90 million

Pounds of chocolate Americans buy for Halloween (That works out to three full-sized candy bars for every man, woman, and child.)

Anything left in your trick-or-treat bag? We've got **35** leftover-candy recipes on the site (try Acorn Candy Cookies on page 78—it has been pinned on Pinterest more than **2,000** times).



420

Instagram likes of Spooky Calzone Snake, last fall's most-clicked Halloween photo



13,278

September/October searches for Halloween recipes on Allrecipes.com



1,028

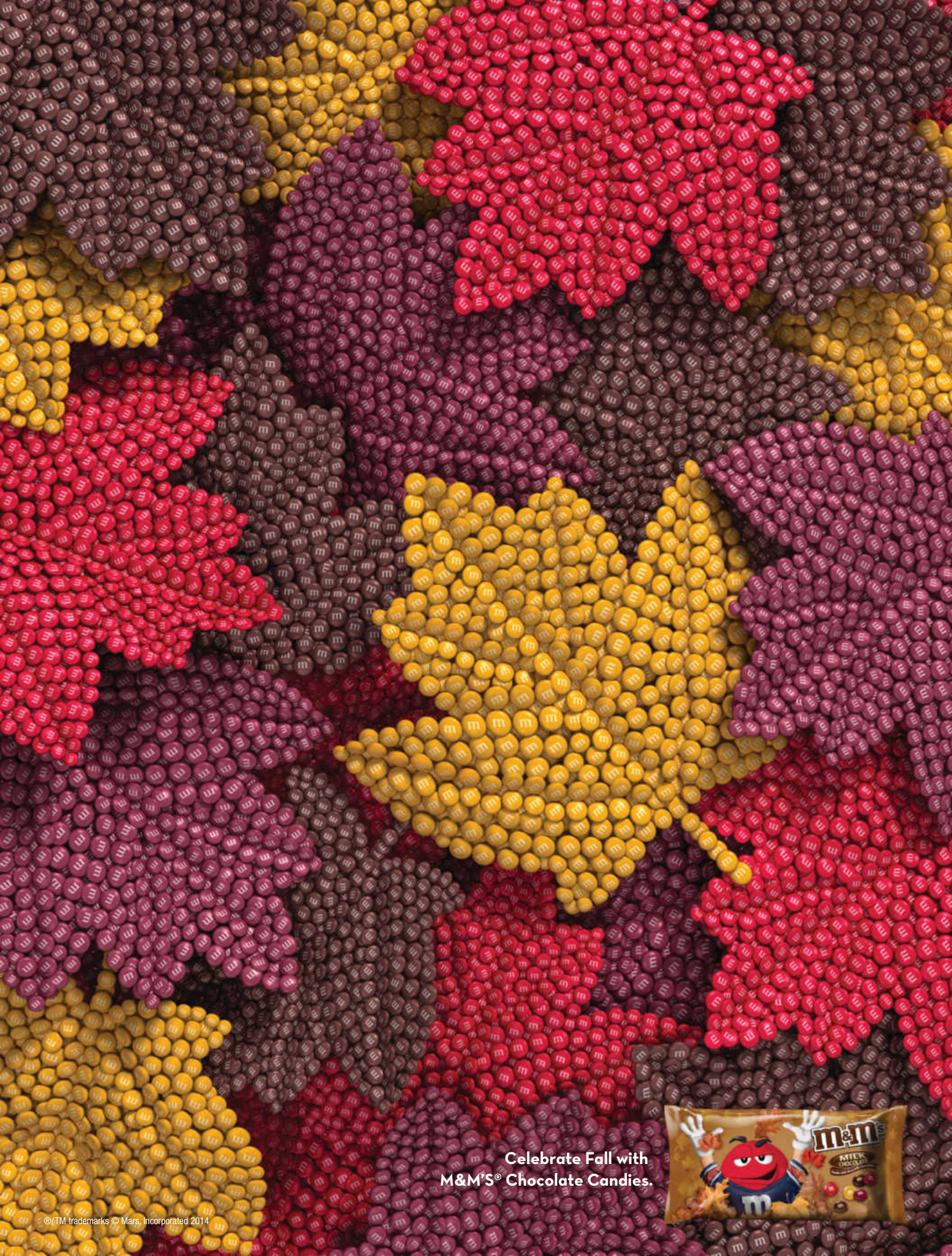
Pins of Kitty Litter Cake (sheet cake topped with cookie crumbs and rolled chocolate candies). It's the ultimate gross-out party dessert and the most-pinned recipe on our Halloween Pinterest board. (See page 70 for more spook-tacular snacks!)



Snap a pic of your best spooky snacks and tag it #MyAllrecipes when sharing it on Twitter, Instagram, or Facebook. Or just email it to feedback@armagazine.com



Blipp to get any of these recipes!
Page 4 shows how easy it is.



Celebrate Fall with
M&M'S® Chocolate Candies.





Let the children eat peanut butter.

Premium yellowfin tuna. Salt. Just enough olive oil.



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KITCHEN SINK

A LITTLE BIT OF EVERYTHING: NEWS, PRODUCTS, TRENDS, TOOLS, TIPS, AND MORE

MOUSE TRAP

This mouse doesn't get the cheese; *it is* the cheese. Allrecipes community member ReeRee's Kitchen transformed fellow member LusciousLemonade's sesame seed-encrusted Dead Man's Cheese Ball into a Halloween-worthy mouse (armagazine.com/cheese-ball-mouse): Instead of shaping it

into a ball, create an oval "body" with a pointed nose, then roll it in black sesame seeds. Use carrot rounds for ears, a baby carrot for a nose, a scallion green for a tail, edamame or green olives for eyes, and mini breadsticks or pretzels for whiskers. It's a mouse that all your party guests will be happy to see.





POP CULTURE

Never made popcorn without a popcorn maker? And thinking about tackling popcorn balls this Halloween? Stovetop popcorn is easier to make than you think—and it's more fluffy and crunchy than anything that comes out of a microwavable bag. Here's how to get popping:

1. Use a deep, heavy-bottom pot with a lid to prevent hot-oil splatters and overflowing kernels.
2. Use oil that can withstand high heat—the ideal popcorn cooking temperature is 400°F to 600°F. Old-fashioned movie theaters used coconut and palm oils, but peanut and vegetable oils work just as well. The basic oil-to-kernel ratio is $\frac{1}{3}$ cup of oil for every 1 cup of kernels.
3. Do the three-kernel test: When the oil is sizzling, drop three kernels of popcorn into the pot. When they pop, it's time to add the rest.
4. Gently shake the pot over your heat source as the popcorn pops. This keeps the kernels from burning and gives your popcorn an even coating of oil. Holding the lid open slightly while you shake lets water vapor escape, making your popcorn extra crunchy.
5. Season right away—popcorn absorbs seasonings best while it's hot. If you're making popcorn balls, now's the time to add your caramel coating.

—LAUREN0926

Kitchen Hack: Easily Cleaned

Pans with Burned-On Gunk

Cover the bottom of the pan with water and a cup of white vinegar, and bring to a boil. Remove from heat and add 2 tablespoons of baking soda. Let fizz for a minute, then toss the liquid and scour the pan.



Stained Baking Dishes

A wad of aluminum foil used as a scrubber will remove all those brown, burnt stains in a flash.



Grunty Grill Grates

Heat up your grill and let some of the food burn off. Then cut a good-size onion in half and rub it over the surface of the grate using a grilling fork or tongs.



HE FIGHTS DIRTY *no matter how dirty* DIRTY IS.

NO MATTER WHERE THEY ARE, TOUGH MESSES DON'T STAND A CHANCE
WHEN MR. CLEAN'S MAGIC ERASER IS PART OF YOUR CLEAN ROUTINE.



WHEN IT COMES
TO CLEAN THERE'S
ONLY ONE **Mr.**

Wet before use. A rinse is required for surfaces that come in direct contact with food. Use as directed.

Drink Up: **The Hard Side of Cider**



Thanks to booming interest in craft beverages and gluten-free diets, hard cider has become the fastest growing alcoholic beverage in America. And no, it doesn't taste like what came out of the plastic jug you left out on the back porch for a week.

Hard cider is lower in alcohol than wine and is a great choice when you don't feel like having (or just don't like) beer. The range of flavors is vast, from bone dry and earthy to sweet and fruity, complementing foods from pork to fish to roasted chicken and vegetables. And while the best ciders can fetch well over \$20 for a 750-milliliter bottle, you can also find delicious ciders for around \$8 per six-pack. (Most are gluten-free.)

Cider hasn't exactly come out of nowhere. It was hugely popular in Colonial times. It spread west thanks in no small part to John Chapman, aka Johnny Appleseed, who in the early 1800s planted orchards along the frontier from Pennsylvania to Illinois. These early apples didn't make for great eating, but they were terrific for making a slightly fizzy, slightly alcoholic beverage. The water on the frontier wasn't always safe to drink, so people would instead sip cider or mix fermented cider with water so that the alcohol killed the bacteria.

These days, many growers are bringing back true cider-apple varieties. Michigan is home to some of the country's best brews (Virtue, J.K.'s), but the Northeast (Farnum Hill, West County), California (Crispin), and the Pacific Northwest (Wandering Aengus) are also going strong. There are fantastic imports, too, mainly from England (Blackthorn, Samuel Smith's) and the Normandy region of France (Eric Bordelet, Domaine Dupont). Local cideries are popping up wherever you find apple orchards. So give your neighborhood cider a try. This is hard stuff that's easy to love. —JROPEWALD

"I tawt
I taw a
puddy tat!"



"I did, I did!"

We asked, and you responded...with more photos of your pets "enjoying" *Allrecipes* magazine! We LOVE them. One feline-obsessed editor has even added the kitty photos to her office "cat-er-wall" :) So keep posting on your Facebook, Twitter, or Instagram accounts, and tag it #MyAllrecipes.



Can you tell what's in your dog's food?



Some brands add red dye.



We add red apples.

Unlike some dog foods, we don't use artificial color. Instead, we put 5 real fruits and veggies in every bag. Turns out red and green apples, sweet potatoes, cranberries, green beans, and peas provide plenty of color, naturally.

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KITCHEN SINK

What's That? **POUTINE**



Quick: What's Canadian for a hot (and yummy) mess? Poutine! What's poutine? French fries topped with brown gravy and cheese curds. (The latter are little lumps of fresh cheese with a firm but springy texture and a mild, salty flavor. They're sometimes called "squeaky cheese" because the super-elastic proteins in the fresh curds make a squeaky noise as you chew them.) It sounds weird, yes, but trust us, it's bizarrely delicious. And it's starting to appear on both fancy and casual menus across the U.S.

Legend has it that poutine (poo-TEEN) got its start in 1957 at a Quebec restaurant. A diner asked for fries with cheese curds in a bag to go, and the owner retorted (in French, being Quebecois) that it would make *une maudite poutine*—a damned mess. Some say that's how the dish got its name. Others think "poutine" is a twist on the word "pudding." Another Quebec

restaurateur actually trademarked the title "The Inventor of Poutine," claiming he added the all-important gravy to the dish in the 1960s.

Poutine is on the menu at many fast-food restaurants in Canada and gets celebrated each February during La Poutine Week. Fast-food chain Wendy's Canada even launched a Facebook "poutition" to make it the national dish.

In the U.S., Chicago now hosts its own Poutine Fest in February. And American chefs are dishing up versions topped with upscale ingredients such as pork belly, lobster, and duck confit (because, you know, we need more fat on our gravy-and-cheese-topped fries).

Haven't seen poutine on a menu near you yet? Get ahead of the trend and make your own at home! See how at armagazine.com/poutine-video

—ONESMARTCOOKIE

What's on
Chef John's mind?



Pumpkin Pancakes!

"These aren't dense, thick, cakey pancakes—they're soft, spongy, and delicate. I'm not punkin' you! I don't need to teach you how to make pancakes. You know how to do it. You start by whisking, not sifting, the dry ingredients. Basically the difference between

your generation and your parents' generation is not the Internet—it's that we don't sift anymore."

Watch him whisk (not sift!) up a short stack at armagazine.com/chef-johns-pumpkin-pancakes



COOKBOOK SHELF

On the list of life skills, cooking is pretty high up there. Massachusetts mom (and longtime writer and editor) Deanna Cook wanted to make sure her two kids learned that skill—whether it was boiling an egg or making a vinaigrette—before they grew up and left home. So she wrote a book. With illustrated step-by-steps and easy-to-follow recipes, *Cooking Class: 57 Fun Recipes Kids Will Love to Make (and Eat!)* (Storey Publishing, \$19) encourages kids ages 6 to 12 to progress from making simple, healthy foods like Mix-and-Match Trail Mix and Berry Good Smoothies to basic dinners such as Super Sliders and Cheesy Bean Quesadillas. It even includes ideas on how to start a smoothie stand—business skills, too!—plus game cards to keep dinner conversation lively. Deanna's daughter Ella is heading off to college next year, and Mom is confident her girl is capable of whipping up a fairly healthy meal. Whether her distracted freshman does is another story.



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CHECK OUT PAGE 41 FOR OTHER QUALIFYING STOCK UP & SCORE PRODUCTS.

Think *Inside* the Box

You don't save a recipe unless you really like it or want to make it soon. Wouldn't you love to know which ones your fellow Allrecipeeps think are save-worthy? These recipes are among the most frequently saved in September and October across tens of thousands of Allrecipes.com recipe boxes. If they're not already in your box, they should be!

SAVED **14,585** TIMES

SUBMITTED BY
Furfnslo
PREP 15 min
COOK 30 min
READY IN 45 min
SERVES 4
RATING
★★★★★
171 reviews

Recipe on next page →



Save any of these recipes in your online recipe box or add them to your shopping list—all with just a few taps on your phone. Page 4 shows how easy it is.

WHAT'S IN YOUR RECIPE BOX?

Bacon Risotto

armagazine.com/bacon-risotto

"To make this creamy risotto even more decadent, top each serving with a raw egg yolk and allow the diner to break the yolk and stir it into the rice." —FURFNSLO

- 1/2 pound bacon, diced (1 cup packed)
- 5 cups low-sodium chicken broth (40 ounces)
- 1/2 stick butter
- 1/2 cup chopped onion
- 4 cloves garlic, finely chopped
- 1 1/2 cups Arborio rice (10.5 ounces)
- 1/4 cup grated parmesan cheese
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 cup finely chopped parsley

1 Cook bacon in a large, heavy-bottomed pot over medium heat, stirring, until browned and crisp, about 10 minutes. Transfer bacon to paper towels. Pour off grease but don't clean pot.

2 Bring broth to a boil in a small saucepan, covered, over high heat. Reduce heat to low.

3 Melt 2 tablespoons butter in pot over medium heat. Cook onion and garlic, stirring, until turning golden at edges, 2 to 3 minutes. Add rice and cook, stirring, until coated and starting to toast, 2 to 3 minutes.

4 Add one-third of hot broth (about 1 2/3 cups) and cook, stirring constantly and adjusting heat as needed to maintain a brisk simmer, until rice has absorbed most of liquid and turned creamy, about 7 minutes. Add another third of broth and

YOU SAID

I lived in Italy for three years, and this recipe tastes completely authentic. I used cubed pancetta instead of bacon and shallots instead of onions. —ALEXISOLSEN

This was so worth the time it took to stir it constantly. I also sautéed some sliced fresh mushrooms in a bit of the bacon grease and

added those at the end with the bacon. It was so creamy and savory that I actually licked the serving spoon. (I can do that—I live alone!) —JEWEL\$621

I added some fresh basil and tomatoes right at the end of cooking. Both my husband and toddler loved this dish, which is saying something. —EMILYSOMETIMES

continue cooking, stirring constantly, 5 minutes. Add final third of broth, continuing to stir until rice is tender yet slightly firm, about 5 minutes more. (Broth additions should take 17 to 20 minutes total.)

5 Remove from heat and stir in remaining 2 tablespoons butter,

bacon, cheese, salt, and pepper. Sprinkle with parsley.

PER 1 1/4-CUP SERVING 472 CAL; 19.6g FAT (10.4g SAT); 14.3g PRO; 59g CARB; 1.3g FIBER; 826mg SODIUM; 51mg CHOL



Save this in your online recipe box (page 4 shows how), or see it in motion at armagazine.com/bacon-risotto-video

SAVED **12,610** TIMES

SUBMITTED BY
Lea Ogawa

PREP 15 min

COOK 1 hr

READY IN 1 hr, 15 min

SERVES 8

RATING

★★★★★

279 reviews

Pumpkin Soup

armagazine.com/pumpkin-soup

"This delicious, creamy soup is served at our family's Thanksgiving dinner every year." —LEA OGAWA

6 cups low-sodium chicken broth (48 ounces)

1 (29-ounce) can pure pumpkin purée [From our kitchen: Be sure to buy "pure" pumpkin; pumpkin-pie filling has added spices and sugar.]

1 medium onion, chopped (1 cup)

1 clove garlic, minced

1 teaspoon chopped fresh thyme or 1/2 teaspoon dried thyme

1 1/2 teaspoons salt, or to taste

1/8 teaspoon black pepper

1/2 cup heavy cream

2 tablespoons finely chopped fresh parsley

[From our kitchen: If you like a little sweetness, add some brown sugar, 1 packed tablespoon at a time, as desired.]

1 Bring broth, pumpkin, onion, garlic, thyme, salt, and pepper to a boil in a large pot over high heat. Reduce heat to low and simmer, uncovered, 30 minutes.

2 Purée soup 2 cups at a time in a blender or food processor. Return to pot and bring to a boil over high heat. Reduce heat to low and simmer, partially covered, 30 minutes more.

[From our kitchen: 15 minutes was enough for us.] Stir in cream and, if desired, thin soup with additional broth or water. Add brown sugar (if using) to taste. Pour into bowls and garnish with parsley.

[From our kitchen: Leftovers keep up to 5 days, covered and chilled.]

PER 1-CUP SERVING 103 CAL; 5.9g FAT (3.6g SAT); 3.2g PRO; 11.5g CARB; 3.4g FIBER; 500mg SODIUM; 20.6mg CHOL



Blip to see how easy this is to make or go to armagazine.com/pumpkin-soup-video

I added a shake or two each of ginger and nutmeg—not enough to taste either spice, but just enough to intensify the flavor of the soup. —KRISTY

For a lighter version, I used only 1 tablespoon of heavy

cream. The flavor and texture weren't at all compromised. —P@007C00KR

For a dairy-free version, I substituted canned coconut milk for the cream, and it came out wonderful. —TRACEY ELLIS-DE RUYTER

Apple-Cinnamon White Cake

armagazine.com/apple-cinnamon-white-cake

"A buttery white cake that comes together in minutes but tastes like you spent all day making it. A scoop of ice cream is especially good with it." —JINGLEBELLS

- 1/3 cup packed brown sugar
- 1 teaspoon cinnamon
- 1 large apple, peeled, cored, and chopped (2 cups)

- 2/3 cup white sugar
- 1 stick butter, softened
- 2 large eggs
- 1 1/2 teaspoons vanilla extract
- 1 1/2 cups flour
- 1 3/4 teaspoons baking powder
- 1/4 teaspoon salt
- 1/2 cup milk

- 1 Preheat oven to 350°F. Generously grease and flour a 9x5-inch nonstick loaf pan, or spray with baking spray.
- 2 Mix together brown sugar and cinnamon in a bowl. Add apple and toss to coat. Beat together

white sugar and butter in a bowl with an electric mixer until smooth and creamy. Beat in eggs, 1 at a time, until well blended, then add vanilla.

- 3 Whisk together flour, baking powder, and salt in a bowl; stir into egg mixture. Stir milk into batter until smooth. Spoon half of batter (about 1 1/4 cups) into prepared pan. Add half of apple mixture and pat into batter. Spoon remaining batter over apple layer; top with remaining apple mixture and pat in.

- 4 Bake until a toothpick inserted

in center comes out clean, about 50 minutes. Transfer pan to a rack and let cool 15 minutes. Turn cake out onto rack to cool completely, about 1 1/4 hours.

[From our kitchen: Leftover cake keeps up to 5 days at room temperature, wrapped well.]

PER SERVING 220 CAL; 8.9g FAT (5.3g SAT); 3.1g PRO; 32g CARB; 0.8g FIBER; 181mg SODIUM; 52mg CHOL



Blipp it, watch it, bake it! (Page 4 has blipp details), or go to armagazine.com/apple-cinnamon-white-cake-video

SAVED **15,836** TIMES

SUBMITTED BY
Jinglebells

PREP 20 min

COOK 50 min

READY IN 2 hr, 40 min
(includes cooling)

SERVES 12

RATING

★★★★★

183 reviews

YOU SAID

“I cut the brown sugar to 3 tablespoons and the white sugar to 1/2 cup, and it was still sweet enough. —THE4TAALS

I made this just as written, and it was delicious. Next time, I used 1/2 cup


unsweetened applesauce in place of butter. It too was absolutely delicious, and the butter and all those extra calories were not missed one little bit. —SUE

I used buttermilk instead of milk for a richer flavor.

Also added some chopped walnuts. —JACKIEPR

I made it with frozen peaches that had been mostly thawed but otherwise didn't change the brown sugar/cinnamon mix. A winner! —LILLIEPET

Roasted Lemon-Herb Chicken

 armagazine.com/lemon-herb-chicken

- 2 teaspoons Italian seasoning
- 1 teaspoon garlic powder
- 1/2 teaspoon seasoning salt [*From our kitchen: We doubled to 1 teaspoon for added flavor.*]
- 1/2 teaspoon mustard powder
- 1/2 teaspoon black pepper
- 1 (4-pound) whole chicken
- 6 tablespoons fresh lemon juice (2 lemons)
- 2 tablespoons olive oil
- 1/3 cup water, plus more as needed

- 1 Preheat oven to 350°F.
- 2 Mix together Italian seasoning, garlic powder, seasoning salt, mustard powder, and pepper in a small bowl. Pat chicken dry inside and out. Put chicken, breast side up, in a 9x13-inch baking dish and sprinkle 1 1/2 teaspoons spice mixture into cavity.
- 3 Stir together juice and oil in a small bowl and drizzle evenly over chicken. Sprinkle breast and drumsticks with remaining spice mixture, patting evenly onto skin. Pour water into dish.
- 4 Roast chicken, basting 4 times

with pan juices and adding more water if juices begin to burn, until an instant-read thermometer inserted in thickest part of thighs and breasts (do not touch bone) registers 165°F, about 1 1/2 hours. [*From our kitchen: For even cooking, rotate dish after each basting.*] Transfer chicken to a platter and let rest 20 minutes before serving.

PER 6-OUNCE SERVING 448 CAL; 30g FAT (7.3g SAT); 41g PRO; 2.3g CARB; 0.2g FIBER; 316mg SODIUM; 129mg CHOL




Watch this recipe in motion. Blip now, or go to armagazine.com/lemon-herb-chicken-video

SAVED **16,109** TIMES

SUBMITTED BY
Barbzel
PREP 15 min
COOK 1 hr, 30 min
READY IN 2 hr, 5 min
(includes resting)
SERVES 4
RATING
★★★★★
471 reviews



YOU SAID

 I put four boneless, skinless chicken breasts in my slow cooker at lunchtime. I covered both sides of chicken with rub, drizzled with oil and lemon

juice, and went back to work. Awesome dinner when I got home. —JO ANN

I rubbed the spices under the skin and added a

quartered onion, five cloves of garlic, and the lemon rind inside the cavity while cooking. It came out perfect! —THERESA R.

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READY OR NOT
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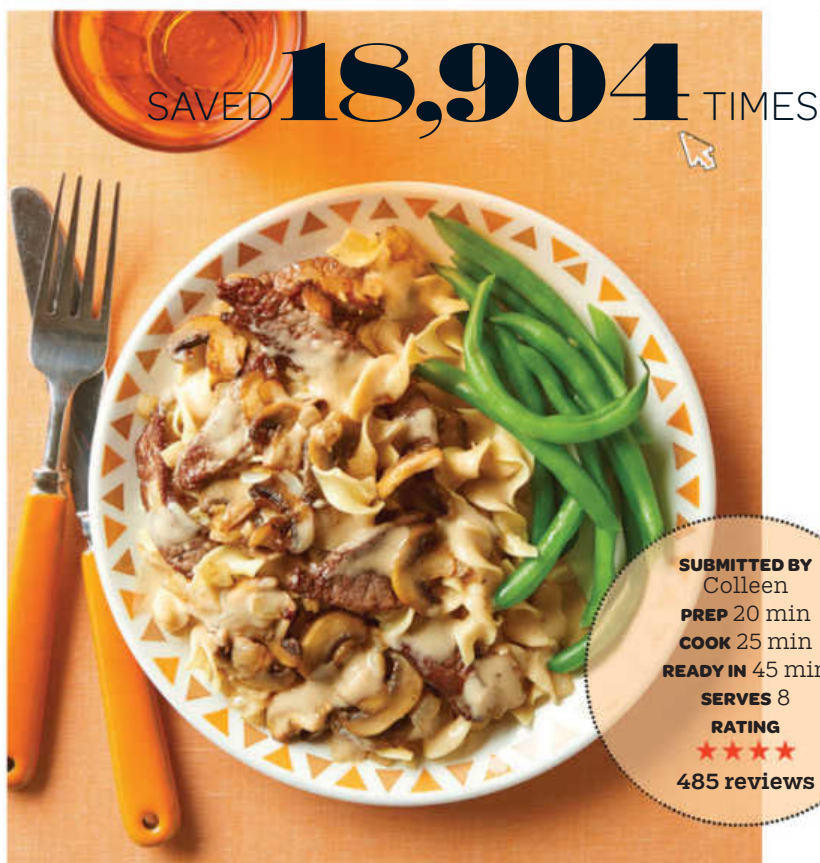
Pina Colada Ribeye
Bone-in Pork Chops

Bacon BBQ
New York Pork Chops

Basil-Garlic
Porterhouse Pork Chops



Be inspired®

SUBMITTED BY
Colleen

PREP 20 min

COOK 25 min

READY IN 45 min

SERVES 8

RATING

★★★★

485 reviews

Easy Beef Stroganoff

armagazine.com/easy-beef-stroganoff

"Easy to make, ready in 45 minutes, and even reheats well. This is a favorite in our house!" —COLLEEN

- 1 (12-ounce) package egg noodles
- 1/2 stick butter
- 6 ounces fresh mushrooms, sliced (about 2 1/4 cups)
- 1 medium onion, chopped (1 cup)
- 1 1/4 teaspoons salt
- 2 pounds flat-iron steak, cut across grain into 1/8-inch-thick slices [From our kitchen: Colleen's original recipe called for ground beef, but we thought the texture and flavor got a serious boost with steak.]
- 1/4 cup flour

- 2 cups low-sodium beef broth
- 1 cup sour cream
- 1/2 teaspoon black pepper
- 1/2 cup chopped parsley, for garnish (optional)

- 1 Bring a large pot of salted water to a boil. Cook noodles, stirring occasionally, until done, about 8 minutes. Drain well.
- 2 Melt 2 tablespoons butter in a large skillet over medium heat. Cook mushrooms, onion, and 1/4 teaspoon salt, stirring occasionally until vegetables are tender and excess liquid evaporates, 6 to 8 minutes. Transfer to a bowl.
- 3 Cook steak in remaining butter and salt in skillet over medium heat until browned, about 7 minutes. [From our kitchen: If using ground beef, cook, stirring and breaking up lumps, until browned, about 5 minutes.] Add flour and cook, stirring, 2 minutes. Add mushroom mixture and broth and simmer, stirring, until thickened, 2 to 3 minutes. Remove from heat.
- 4 Stir in sour cream and pepper and cook over low heat until hot but not boiling, 1 to 2 minutes. Serve over noodles and garnish with parsley, if desired. [From our kitchen: If noodles have cooled and become sticky, rinse in a colander under hot water and toss with about 2 tablespoons butter or oil in serving bowl.]

PER 1 1/2-CUP SERVING 485 CAL; 23.6g FAT (11g SAT); 30g PRO; 37g CARB; 2.2g FIBER; 540mg SODIUM; 137mg CHOL

YOU SAID

GG I substituted olive oil for the butter and beef consommé for beef broth. I also added 1 tablespoon minced garlic to the onions and mushrooms. Delicious! —CPELEMOS

The second time I made this, I added 1/3 cup white wine along with the broth. It took a few minutes longer to cook, but the result was amazing! —SARAH581

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Grill to an internal temperature between 145°F (medium rare) and 160°F (medium), with a 3-minute rest

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Nachos: Go Healthy or Indulge?

Got a hankerin' for something cheesy and crunchy? Nachos are the fix. But do you go fresh and healthy with the toppings (think shrimp, avocado, fresh herbs), or go classic with beef and refried beans? We've got you covered on both fronts.

Super Nachos

armagazine.com/super-nachos

"This makes a huge meal-sized tray of nachos with lots of good stuff! Serve with extra chips if required." —MELANIE

- 1 pound ground beef
- 1 (1.25-ounce) package taco seasoning mix
- $\frac{3}{4}$ cup water
- 1 (13-ounce) bag restaurant-style tortilla chips
- 2 cups shredded sharp cheddar cheese, or to taste *[From our kitchen: Melanie's recipe called for 1 cup, but we doubled it for extra nacho-ness!]*
- 1 (15.5-ounce) can refried beans
- 1 cup salsa
- 1 cup sour cream, or to taste
- 1 (6-ounce) can pitted black olives, drained and coarsely chopped (about 1 cup)
- 4 green onions, chopped (about $\frac{1}{3}$ cup)
- 1 (4-ounce) can sliced jalapeño peppers, drained and chopped (about $\frac{1}{3}$ cup)

- 1 Cook ground beef in a large skillet over medium heat, stirring and breaking up lumps, until no longer pink, 5 to 8 minutes. Drain off excess grease. Stir in taco seasoning and water and simmer, stirring occasionally, until thickened, about 5 minutes. *[From our kitchen: You can cook the beef mixture up to 1 day ahead; let cool, uncovered, before chilling, covered. Bring to room temperature before using.]*
- 2 Preheat broiler, with broiler rack set about 6 inches from heat. Line a large, rimmed baking sheet with foil.
- 3 Spread tortilla chips on prepared baking sheet. Top with half of cheese and dot with beans and ground beef mixture. Top with remaining cheese.
- 4 Broil, watching carefully to prevent burning, until cheese is melted, 3 to 5 minutes.
- 5 Top with salsa, sour cream, olives, green onions, and jalapeños before serving.

PER 5½-OUNCE SERVING 380 CAL; 21.3g FAT (8.1g SAT); 17.1g PRO; 31g CARB; 4.3g FIBER; 947mg SODIUM; 51mg CHOL

PROS

- + When people think of classic nachos, these are it!
- + With 12 servings, there's enough to feed a crowd.
- + Super easy to make and to adapt to everyone's tastes.

CONS

- They're high in sodium: 947 mg.
- 21.3 grams of fat is pretty steep for a snack.
- It can be a challenge to fit all the chips on the baking sheet; save extras to scoop up the leftover goodies that fall off.

YOU SAID

Helpful hint: Mix the beans with the meat to make it easier to spread. —CARAMIA

My 11-year-old loves this dish, making it a good choice when I get tired of rejection! —FREE MOM

SUBMITTED BY
Melanie

PREP 25 min

COOK 15 min

READY IN 40 min

SERVES 12

RATING

★★★★★

31 reviews





SUBMITTED BY
Chef John
PREP 50 min
COOK 10 min
READY IN 1 hr
SERVES 10
RATING
★★★★★
11 reviews

Shrimp and Jalapeño Nachos

armagazine.com/shrimp-and-jalapeno-nachos

"What better way to 'fiesta' than with this beautiful plate of alternative nachos? These will make a very delicious change of pace from the traditional version." —CHEF JOHN

- 1/2 cup sour cream
- 1/2 avocado, peeled, pitted, and chopped
- 1/2 lemon, juiced (1 1/2 tablespoons)
- 2 pounds extra-large (26-30 count per pound) shrimp, peeled and deveined
- 2 tablespoons vegetable oil
- 1/2 teaspoon chipotle chile powder
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/4 teaspoon cayenne pepper, or to taste
- 50 large (restaurant-style) tortilla chips (from an 18-ounce bag), or as needed
- 2 jalapeño peppers, seeded and very thinly sliced *[From our kitchen: For extra heat, use unseeded serrano chiles instead.]*
- 6 ounces shredded pepper jack cheese, or as needed
- 15 cherry tomatoes, sliced (about 1 cup)
- 1/4 cup chopped fresh cilantro

1 Combine sour cream, avocado, and lemon juice in a food processor and blend until

smooth. Transfer to a zip-top plastic bag.

[From our kitchen: You can also put the sauce in a small bowl; just lay plastic wrap directly on the surface of the sauce so no air touches the avocado and turns it brown. Use a spoon for drizzling later.] Refrigerate until needed.

2 Put shrimp, oil, chipotle powder, salt, black pepper, and cayenne into a bowl and toss well.

3 Working in 2 batches, sauté shrimp in a large, nonstick skillet over medium-high heat, stirring occasionally, until just pink and barely cooked through, 3 to 4 minutes per batch (shrimp will finish cooking under broiler). Transfer to a plate and set aside.

4 Preheat broiler. Line 2 large, rimmed baking sheets with foil and grease lightly.

5 Arrange chips on prepared sheets in a single layer. Put 1 shrimp onto each chip, and top each shrimp with 1 jalapeño slice and 1 generous pinch of cheese.

6 In 2 batches, broil until cheese is melted and chips are lightly toasted, about 1 minute per sheet.

7 Transfer nachos from baking sheet to a serving platter. Snip one corner of the zip-top bag of avocado-cream sauce to drizzle over nachos. Top with tomatoes and cilantro before serving.

Note from Chef John: Use any cheese you want; you are the boss of your cheese choices! You can also substitute the sauce with chopped avocado and a few dollops of sour cream.

PER 5 1/2-OUNCE SERVING 259 CAL; 14g FAT (8.1g SAT); 21g PRO; 11.6g CARB; 1.4g FIBER; 377mg SODIUM; 147mg CHOL

PROS

- + Less mess: Separate nachos means you don't have to tear them apart.
- + Fewer calories than traditional nachos, and 500mg less sodium!
- + Less fat overall, and more of the good kinds like Omega-3s.

CONS

- Some folks thought they were a little too fussy to prepare.
- Lots of fresh ingredients means you'll probably have to make a trip to the store.
- Although shrimp are a lean protein, they're naturally high in cholesterol.

YOU SAID

Made them exactly as the recipe called for. Well worth the effort! —KSUF007LOVER08

I used chopped green onions instead of cilantro and sliced the jalapeño a little thicker for crunch. I recommend cutting back a little on the lemon juice because it was too tart for me. —SUNNYSPIRINKLE

I had only a bag of salad shrimp, so I sautéed them with chopped imitation crab in the oil and seasonings just to warm them through. A definite keeper! —CHRISTINA



Cut, Slice, Chop

Prepping ingredients can be a real time-suck, and there are plenty of gadgets that claim to make it easier. We've rounded up a few of them and asked some of our Allrecipes Allstars* and community members to test them out!

Paderno Spiralizer 3-Blade Vegetable Slicer

Makes spirals, ribbons, and shoestrings out of produce so you can substitute veggies for pasta and potatoes.

\$40 at williams-sonoma.com

Overall rating: ★★★★★



"I had trouble with the vegetables getting stuck in the blades as they rotate. But the veggies that I did manage to cut turned out beautiful." —EZAPATA97



"The blades are razor-sharp, so it's difficult to clean and also bulky to store." —CHRISTATORSHIP



"I was disappointed with the 'curly' blade because it was hard to keep the strands from breaking. But it was easy to set up and really fun to use!" —WEETERKANE

Benriner Mandoline Slicer

Affordable mandoline-style slicer with heavy-duty plastic body and three blades for consistently thin slicing.

\$29 at korin.com

Overall rating: ★★★★★



"Although thicker cuts were more difficult, this slicer works really well for making very fine julienne." —DOUG MATTHEWS



"Easy to clean and store, but the finger guard is a little awkward for those of us with big bear hands." —OLDMANWENDEL



"I like the compact design and sharp blades for making paper-thin slices. That said, I'll probably keep a steel-mesh glove on hand to use with it!" —DIANNCOOKS

OXO Food Chopper

Chop veggies, nuts, and lots more with rotating blades inside a cup, or remove the base to chop directly on a cutting board.

\$20 at oxo.com

Overall rating: ★★★★★



"I like that you can use the cup as a storage unit, since I always keep chopped onions in the fridge. Capacity is a problem, though—there's only room for about one cup." —LUTZFLCAT



"Cleaning it was a breeze—it comes apart easily, and there are no deep crevices to clean out." —CHELIND



"For larger produce, it doesn't replace a knife. But it's safer to use, so it would be good for getting your kids to help in the kitchen." —ICEPRAON

*The Allstars are Allrecipes superfans, a select group of our most passionate and actively engaged community members. To learn more about becoming an Allstar, go to armagazine.com/allstars



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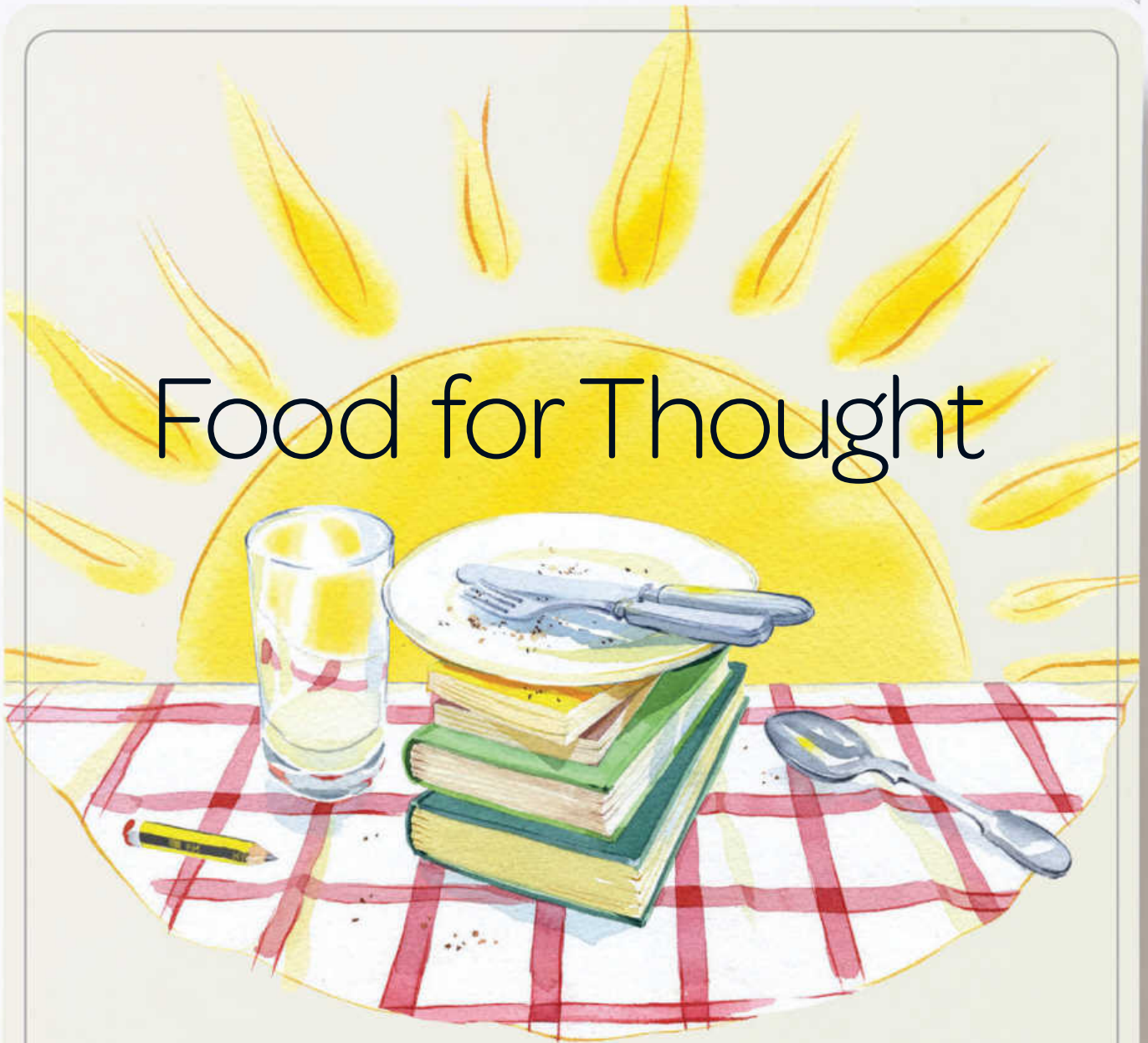
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Food for Thought



Want to boost your kids' math scores by 15 percent? Help him focus in class? Increase her IQ by more than five points...? Just feed them breakfast! You don't need a medical degree to know oatmeal is more nutritious than neon cereal, but that still leaves a lot of room in between. So we picked out a few "smart" breakfasts that are good for the kids and you both. And we included a little of the "why" behind each one so you know which ingredients are the healthy heavy lifters. *By MargeP*



YOU SAID

“Unlike many of the granola recipes out there, this one makes the ‘clumps’ that make it yummy to eat out of the bag or with milk or soy milk. I used unsweetened applesauce instead of oil and All-Bran instead of the wheat germ and flaxseed meal. —VOLLCHIQUE

Salty and sweet, not to mention addictive! I added raisins for some extra sweetness. This will be a great addition to yogurt, mixed with fruit, or just for snacking. —BETHYROONIE

Jennifer's Granola

armagazine.com/jennifers-granola

- 4 cups rolled oats
- 1 cup wheat germ
- ½ cup flaxseed meal *[From our kitchen: Look for this in the cereal aisle, near oatmeal, or in health-food markets.]*
- ½ cup packed brown sugar
- ½ cup raw, hulled sunflower seeds
- ½ cup chopped pecans
- ½ cup sliced almonds
- 1 teaspoon cinnamon
- ¾ teaspoon salt
- ½ cup canola oil
- ¼ cup honey
- 1 teaspoon vanilla extract
- ¼ cup water
- 2 cups dried apricots, cut into thin strips (optional)

- 1 Preheat oven to 300°F. Grease a large, rimmed baking sheet.
- 2 Stir together oats, wheat germ, flaxseed meal, brown sugar, sunflower seeds, pecans, almonds, cinnamon, and salt in a large bowl. Whisk together oil, honey, vanilla, and water in a separate bowl. *[From our kitchen: Spray or oil your measuring cup before adding honey to make it slide right out.]* Pour wet mixture into dry mixture, stirring until evenly moistened. Spread mixture evenly on prepared baking sheet.
- 3 Bake, stirring every 20 minutes, until crisp and toasted, 1 to 1¼ hours. Cool completely. Add apricots (if using) and toss to combine. Transfer to an airtight container and keep at room temperature up to 2 weeks.

PER GENEROUS ½-CUP SERVING 310 CAL; 14.2g FAT (1.4g SAT); 8.1g PRO; 43g CARB; 6.4g FIBER; 158mg SODIUM; 0mg CHOL

SUBMITTED BY
Choffmaster

PREP 10 min

COOK 1 hr, 15 min

READY IN 2 hr
(includes cooling)

MAKES 11 cups

RATING

★★★★★

112 reviews

BRAIN BOOST



Flaxseed meal is a good source of Omega-3 fatty acids (like those in salmon and other fish) that are crucial for brain development. Experts say they help brain cells communicate with each other. Nuts and seeds, too, are nutrient powerhouses that may not only boost brain performance but also improve mood. Vitamin E, essential fatty acids, and flavonoids are just the right blend of protein and carbs to keep your kids fueled all morning long.

SUBMITTED BY

Jen

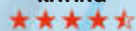
PREP 10 min

COOK 20 min

READY IN 30 min

SERVES 4
(makes 12 pancakes)

RATING



250 reviews


BRAIN BOOST



Wheat germ is packed with minerals and vitamins, including vitamin E, to help protect cells and ward off disease. These amazing pancakes also deliver brain-boosting Omega-3s (thanks to flaxseed) and calcium (thanks to good-for-you buttermilk).



Whole-Wheat Pancakes

 armagazine.com/whole-wheat-pancakes

- 1 cup whole-wheat flour
- $\frac{2}{3}$ cup all-purpose flour
- $\frac{1}{3}$ cup wheat germ
- 2 tablespoons flaxseed meal *[From our kitchen: Look for this in the cereal aisle, near oatmeal, or in health-food markets.]*
- 2 tablespoons packed brown sugar
- $1\frac{1}{2}$ teaspoons baking powder
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{2}$ teaspoon salt
- 2 tablespoons cold butter, cut in small pieces
- $2\frac{1}{2}$ cups buttermilk
- 2 eggs
- 3 tablespoons canola oil

1 Stir together whole-wheat and all-purpose flours, wheat germ, flaxseed meal, brown sugar, baking powder, baking

soda, and salt in a large bowl. Cut in butter with a pastry blender or 2 knives scissor-fashion until mixture is crumbly.

2 Whisk together buttermilk, eggs, and 2 tablespoons oil in a separate bowl. Make a well in center of flour mixture and pour in buttermilk mixture, stirring until well blended.

3 Heat a lightly oiled griddle or nonstick skillet over medium heat. Working in batches of 3, scoop $\frac{1}{4}$ cup batter per pancake onto griddle. Cook until bubbles form on top, 2 to 3 minutes. Flip over and cook until underside is golden, about 2 minutes more (you may need to reduce heat to medium-low to avoid burning). Transfer to a plate and keep warm. Repeat with remaining batter.

PER 3-PANCAKE SERVING 474 CAL; 20g FAT (6g SAT); 19g PRO; 59g CARB; 6g FIBER; 960mg SODIUM; 114mg CHOL



Add all these ingredients to **your shopping list** with just a tap on your phone. Page 4 shows how easy it is.


YOU SAID

“My very picky 2-year-old didn't even realize they weren't the usual white pancakes. I used quick-cooking rolled oats instead of wheat germ, and they actually tasted better than white-flour pancakes. —CORBALEVSK

I didn't have buttermilk, so I used half vanilla yogurt and half skim milk (healthier that way, too). They turned out great. —LISABAKSYS

This is my go-to pancake recipe now. I used one egg and two egg whites. I usually double this recipe and freeze the extras. They warm up great in the toaster. They're also great if you add blueberries. —CJ

Whole-Wheat Apple Muffins

 armagazine.com/whole-wheat-apple-muffins

- 2 cups whole-wheat flour
- 1 tablespoon baking powder
- 1 teaspoon cinnamon
- ½ teaspoon salt
- ¾ cup milk
- ¼ cup vegetable oil
- ¼ cup honey
- 1 medium apple, unpeeled and chopped (1⅓ cups)
- 1 cup coarsely chopped walnuts (optional)
- 2 egg whites
- 2 tablespoons turbinado sugar such as Sugar in the Raw (optional)

1 Preheat oven to 375°F. Line 12 muffin cups with paper liners, or spray cups with cooking spray.

2 Stir together flour, baking powder, cinnamon, and salt in a large bowl. Whisk together milk, oil, and honey in a separate bowl. Make a well in center of flour mixture and fold in milk mixture until just moistened. Fold in apple and walnuts (if using). Beat egg whites with an electric mixer until stiff peaks



BRAIN BOOST

Whole-wheat flour, like other whole grains, helps keep blood-sugar levels stable, which means energy and concentration stay steady. Whole grains are a good source of brain-energizing glucose as well as B vitamins that help maintain healthy muscles, skin, hair, and a good metabolism. Nuts add brain-boosting fatty acids and help your kids feel full longer.

form, then gently fold into flour mixture.

3 Fill muffin cups two-thirds full and sprinkle with sugar (if using). Bake until lightly browned and a toothpick inserted into center of a muffin comes out with a few moist crumbs attached, about 20 minutes. Remove muffins from tin and transfer to a wire rack to cool completely.

PER 1-MUFFIN SERVING 144 CAL; 5g FAT (0.7g SAT); 3.9g PRO; 23g CARB; 2.8g FIBER; 236mg SODIUM; 1mg CHOL



SUBMITTED BY
Jjohn32

PREP 15 min

COOK 20 min

READY IN 55 min
(includes cooling)

MAKES 1 dozen

RATING

★★★★★

92 reviews

SUBMITTED BY
LilSnoo

PREP 5 min

COOK 20 min

READY IN 25 min

SERVES 4

RATING

★★★★★

39 reviews



BRAIN BOOST



While most of us think of—and eat—quinoa as a grain, it's actually a seed. That's good news for breakfast, because seeds supply the important protein-carbohydrate package that keeps kids fueled and focused. The antioxidants in blueberries are great memory-boosters, and one study showed they enhanced learning in 7- to 9-year-olds.

Blueberry-Lemon Breakfast Quinoa

 armagazine.com/breakfast-quinoa


- 2 cups nonfat milk
- ⅛ teaspoon salt
- 1 cup quinoa, rinsed and drained
- 3 tablespoons pure maple syrup
- ½ teaspoon finely grated lemon zest
- 1 cup blueberries
- 1 tablespoon flaxseed meal [From our kitchen: Look for this in the cereal aisle, near oatmeal, or in health-food markets.]

Heat milk with salt in a saucepan over medium heat until warm, about 3 minutes. Stir in quinoa, reduce heat to medium-low, and simmer, covered, until most liquid is absorbed and quinoa is tender, 17 to 20 minutes. Remove from heat and stir in syrup and zest. Gently fold in blueberries and flaxseed meal.

Note from LilSnoo: After cooking, there should still be some liquid in the pot—the quinoa should be the consistency of oatmeal. Thin with milk if needed. It's also good with a sprinkle of cinnamon or nutmeg.

PER ¾-CUP SERVING 269 CAL; 3.7g FAT (0.5g SAT); 10.8g PRO; 50g CARB; 4.5g FIBER; 153mg SODIUM; 2.5mg CHOL

Groovy Green Smoothie

 armagazine.com/groovy-green-smoothie

- 1 (6-ounce) container low-fat plain yogurt
- 1 cup seedless red, green, or black grapes (5½ ounces)
- 1 banana, peeled and cut into chunks
- 1 medium Granny Smith apple, unpeeled, cored, and coarsely chopped (1½ cups)
- 1½ cups packed fresh baby spinach (3 ounces)

Blend all ingredients in a blender until smooth, stopping frequently to scrape down sides, about 1 minute.

PER 1¼-CUP SERVING 216 CAL; 1.8g FAT (1g SAT); 7g PRO; 46g CARB; 5.5g FIBER; 95mg SODIUM; 5mg CHOL

YOU SAID

I froze the grapes so they were like little ice cubes to make the smoothie extra-cold. This is a great way to sneak those leafy greens to your kids! I have an anti-banana family, so next time I'll use pineapple (which will preserve the pretty green color). I know they'll love it.
—J.E. PORE

Who would have thought raw spinach could make a smoothie taste so good! —@DIVA@IRL

I used a mango instead of a banana. Also, our blender couldn't seem to handle the skin on the apple. It made the smoothie chewy. —BEDTIMEBEAR

BRAIN BOOST



Popeye was really on to something! Leafy greens like spinach are high in folic acid and iron, and even a mild iron deficiency can cause lapses in learning, memory, and attention.

This smarty-pants morning smoothie also has yogurt, which has calcium to help nerve function and dopamine—yes, dopamine!—to keep your kids bright, perky, and alert.

SUBMITTED BY
MamaIsCookin

PREP 5 min

READY IN 5 min

SERVES 2

RATING

★★★★★

264 reviews

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CHECK OUT PAGE 22 FOR OTHER QUALIFYING STOCK UP & SCORE PRODUCTS AND ALLRECIPES GIFT-WITH-PURCHASE RULES.

Fresh, By Design

California mom Melissa Lanz turned her dinnertime frustrations into a business that helps families plan healthy meals with fresh ingredients—even on weeknights.

By Nanette27

Planning comes naturally to working mom Melissa Lanz. Digital strategies for Fortune 500 clients? No problem. Kids' birthday parties? Sure thing. But mealtime? Well, it wasn't always her shining hour.

When her two boys were just toddlers and she was working long hours as an Internet brand consultant in Los Angeles, family dinners were a mix of takeout and convenience foods. Though she religiously made a weekly stop at the farmers market, most of the fresh vegetables she bought turned into moldy science experiments in her fridge and ended up in the garbage.

That disheartening cycle is what led Melissa to reclaim her kitchen to cook real food for her family and, in 2009, to launch The Fresh 20—a healthy meal-planning service that helps others do the same.

"When I was still in corporate life, I'd get together with friends who were also starting to have families," Melissa says, "and we'd talk about what was working in our lives and how we could be living better." For Melissa, the same priorities kept coming up: family and food. "I want to be here for my kids for a long time, and for them to be healthy and happy."

Melissa also felt a keen desire to recapture the feeling she'd had while growing up in Minnesota. "Everything that happened in the family centered around getting together and cooking," she recalls.

On weekends, her dad and his sisters, originally from Barbados, would gather their extended family around the table. Her Aunt Anita would cook up huge pots of gumbo or Southern-style ham hocks



and greens. Dad would make fresh peach cobbler for the gang. Next to them at the stove was little Melissa, stirring a pot or peeling a peach. "Weeknights were another story," she says, laughing. "My mom worked, and we had a lot of Swanson frozen dinners!"

With encouragement from her husband, Trent, Melissa quit her consulting job and focused her energy, tech know-how, and love of cooking on helping her family and others create healthy meals—even when time is tight.

She soon realized that planning is the biggest roadblock to weeknight cooking. "People get stuck without a plan," Melissa says, "and there are a lot of parents who just can't put the puzzle together." Going into grocery stores with random lists or

making impulse buys, she adds, leads to a lot of waste. (She remembers those moldy vegetables vividly.) "We developed The Fresh 20 as a no-waste plan. What you put in the cart is gone by the end of the week."

For \$10 a month or \$65 a year, subscribers to The Fresh 20 get a weekly email with a plan for five dinners that, taken together, involve no more than 20 fresh ingredients and a few pantry staples. The plans include original recipes (cooked up by Melissa and her team of recipe developers, nutritionists, and dietitians), and a shopping list of pantry basics and 20 fresh items needed for the week.

Each plan includes make-ahead tips and, often, a two-for-one—a meal that supplies leftovers for a second meal, such



A little planning helps Melissa and her family (husband, Trent, and sons Aiden and Elliott) eat better and actually use the fresh food they buy at farmers markets and grocery stores.



HOW TO MAKE A PLAN THAT WORKS FOR YOU

- 1. Identify your family food culture.** Do you eat in front of the TV or sit down together at the table? Paper plates or china? Do the kids set the table? Figure out what's working now and what you'd like to change.
- 2. Know your buying habits.** Walk around the grocery store as a family. What does your family enjoy that you buy most? Make a worksheet of the top 60 food items you buy, with a column for each store where you buy them. This is the start of your menu.
- 3. Cook once, eat twice—with a twist.** Build in one recipe each week that makes enough for leftovers that will morph into a second day's meal. Monday's grilled chicken, for example, can turn into Wednesday's chicken panini.
- 4. Build in prep time.** Dinner comes together in a flash when you cut up veggies, make a salad dressing, or put meat in the slow cooker ahead of time.
- 5. Get the kids involved.** Let them peel carrots or measure ingredients. They're more likely to take pride in and eat what they helped make. They also like attention, so let dinnertime be their time to shine.

as Slow-Cooker Roast with Braised Carrots and Parsnips (see the recipe on page 45), which makes a complete dinner one night and enough leftovers for Spicy Beef Farfalle (also on page 45) later in the week.

"There's a myth that you can't eat healthy on a budget," Melissa says. "You can't if you do it on the fly, but you can if you plan ahead." To prove it, she includes weekly price estimates as part of her shopping lists—the average (for a family of four) is about \$75. Some subscribers, she says, get so into finding deals that they compare notes about how much they shaved off their weekly food bills. "They're actually getting excited to go to the grocery store," she says.

For the Lanzas, the switch from takeout and convenience foods to fresh, home-

cooked meals wasn't always easy. "In the beginning, my first grader (Aiden) was coming home with a full lunch box," Melissa says. "He wasn't eating anything I was making. So we started breaking it down to find out how we could make it work. I began involving the kids in the planning, at the grocery store and the farmers market, asking them, 'What are we going to have this week?'"

Now Melissa posts a meal calendar and lets the kids fill in what they're going to eat for lunch every day. "It gives them empowerment," she says. Because they chose it, they're more willing to eat it.

"We're all in the kitchen these days; it's a community thing," Melissa says. "My 9-year-old, Elliott, and I cook. Aiden, now 11,

helps with prep a bit, and he and Trent set the table and clean up."

The Fresh 20 and thefresh20.com website now have more than 100,000 subscribers, a cookbook (*The Fresh 20*), and weekly menu plans for various needs: vegetarian, kosher, gluten-free, dairy-free, and even meals for one. During the site's Family Food Summit podcasts, Melissa and guest experts discuss everything from demystifying organic food to the challenges of feeding picky eaters.

"We're all struggling," she acknowledges. "And this isn't about shaming anybody into cooking. You don't have to be home by six o'clock with the apron on. We're simply encouraging people to do better. And it helps if you have a plan."

allstars GET TOGETHER

In May, our Allstars met in New York City for the first annual **ALLRECIPES ALLSTARS GET TOGETHER** event.

This five-star soirée was a reunion for some, a chance to put faces to “member names” for others, and a unanimously good time for all.

Allstars, margaritas, and a photo booth make for one memorable cocktail reception at **SALVATION TACO TAQUERIA & CANTINA**.



Food photographer **SHERI GIBLIN** fields questions on lighting techniques.



Allstar **STELLA REYNOSO** describes an idea for the ultimate dinner party.



Editor in chief **CHERYL BROWN** explains how a recipe makes it into the magazine.

Wine tasting and shopping at **WILLIAMS-SONOMA**, complete with a complimentary \$100 gift card. **DIANA71** couldn't be happier!



Food stylist **PAUL GRIMES** reveals his tools of the trade.



Slow-Cooker Roast with Braised Carrots and Parsnips

"If you don't have a slow cooker, use a Dutch oven or other heavy, lidded, ovenproof pot to brown the meat, and then add the vegetables, sage, and broth. Cover and cook in a 275°F oven for 3 hours." —MELISSA LANZ

- 1 medium yellow onion, cut into eighths
- 5 medium carrots, peeled and halved lengthwise
- 4 medium parsnips, peeled and quartered
- 2 celery stalks, trimmed and halved crosswise
- 6 fresh sage leaves, chopped
- 2 teaspoons kosher salt, plus more to taste
- 1 teaspoon black pepper
- 1 teaspoon ground cumin
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon sweet Hungarian paprika
- 1 (2½- to 3-pound) boneless beef chuck roast
- 2 tablespoons grapeseed oil [From our kitchen: Canola or vegetable oil works fine, too. We needed only 1½ tablespoons.]
- 4 cups low-sodium chicken, vegetable, or beef broth

- 1 Put vegetables and sage in bottom of a 5- to 6-quart slow cooker.
- 2 Combine salt, black pepper, cumin, cayenne, and paprika in a small bowl. Rub mixture onto all sides of meat.
- 3 Heat oil in a large skillet over medium-high heat. When it sizzles, add meat and sear on all sides until a brown crust forms, 2 to 3 minutes per side. [From our kitchen: Turn on a hood fan or open a window before you add the meat. The spice mixture smokes a bit, and you don't want to be coughing cayenne.]
- 4 Transfer meat to slow cooker, setting it on top of vegetables. Return skillet to heat, add 1 cup broth, and simmer, stirring up drippings and any browned bits, 1 minute. Pour over meat, along with remaining broth. Cover and cook until roast is tender, 4 to 5 hours on High or 8 hours on Low. (Check on it only when you think the meat is close to being finished. Each time the lid is removed, the temperature drops dramatically.)
- 5 Transfer vegetables to serving platter with a slotted spoon. Trim beef of visible fat. Cut half of beef (about 12 ounces) into large chunks and add to platter. Season with salt. Reserve remaining beef for farfalle recipe (right). Makes 4 servings of beef and vegetables, plus about 12 ounces leftover beef.

Spicy Beef Farfalle

"Thai chiles are small but pack a big punch. When in doubt, add a little at a time. Cucumber slices help cool down the palate. This recipe works without chiles as well, so the kids can enjoy it too." —MELISSA LANZ

- 1 tablespoon olive oil
- 1/2 yellow onion, chopped (¾ cup)
- 1 medium or 2 small carrots, peeled and finely chopped (¾ cup)
- 4 cups low-sodium chicken, vegetable, or beef broth [From our kitchen: If you saved it, you could use 4 cups of the flavorful cooking liquid from the Slow-Cooker Roast, skimmed. Just hold back on additional salt.]
- 1½ teaspoons kosher salt, plus more to taste
- 1 (12- to 15-ounce) package whole-wheat or multi-grain farfalle (or other short pasta, like penne, ziti, or rigatoni)
- 1/2 teaspoon black pepper
- 2 small fresh red Thai chile peppers, minced, or to taste
- 12 ounces leftover beef from Slow-Cooker Roast (at left), shredded (about 2 cups)
- 1/2 cup grated parmesan cheese
- 2 medium cucumbers, peeled and cut into rounds

- 1 Heat oil in a skillet over medium heat. Cook onion and carrot, stirring, until onion is soft and translucent, about 5 minutes.
- 2 Pour in broth and bring to a simmer. Add salt and pasta and cook, stirring often, until pasta has absorbed most of liquid and is al dente, 8 to 10 minutes. [From our kitchen: This is a low-liquid way of boiling pasta that works well for multi-grain and whole-wheat pasta. Just be sure you have enough liquid to barely cover the pasta, and stir often to keep it from sticking.]
- 3 Season pasta with salt and black pepper. Stir in chiles. Fold in beef, and cook until heated through.
- 4 Sprinkle pasta with parmesan. Serve cucumber slices on the side. Makes 4 (2½-cup) servings.



passionate about the process?



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Taste Test

Lesson: Teach your kids to know what flavors they like, and they'll like more flavors.

By Ben and Birdy

Some kids, and I'm not naming any names, are pretty sure there are lots of foods that they don't like. Many, *many* foods. They're quite stridently certain about this—whether or not they have actually ever tasted these foods. They offer their measured opinions at great frequency and volume, saying things like, “I like the ranch dressing that's plain white but not the one with the green speckles in it because I hate the green speckles,” and, “That's yucky because it's got the mustard that's gross and I hate it.”

What we want is for these children to learn to like more foods. Preferably through exposure to different flavors. And how you do it—this is counterintuitive, so bear with me—is by encouraging your kids to have opinions about the way things taste. Pick a category of food—spices, herbs, condiments, vinegar, cooked and raw vegetables—and organize a very fancy and official taste test.

Begin by picking a theme, then arrange different flavor examples. Ask your kids to graph the results (if they're into that kind of thing), compare and contrast flavors, or simply pick their most and least favorites:

- **Do a spice test** with coriander, cumin, cinnamon, curry powder, and cloves (or whatever spices you like) by sprinkling a bit of

each around the rim of a large plate and giving your children chunks of apple to dip in each.

- **Offer sprigs** of cilantro, basil, mint, dill, and parsley and ask your kids which would be best in that ranch dressing.

- **Put out dabs** of yellow, Dijon, and grainy mustard and give them cubes of bread for dipping.

- **Prepare broccoli** three different ways—steamed, roasted, and raw—and see which one they like best.

- **Pour out** little puddles of different vinegars—white, red and white wine, rice, and balsamic, for example—and offer cooked pasta for dipping.

- **Let them compare** every salty condiment in the house—kosher and table salt, soy sauce, miso, Worcestershire sauce—and determine when you might choose one over another.

Taste testing helps kids become more courageous and experimental. They take ownership of their likes and dislikes in an educated way: “Please put Dijon on mine, it's my favorite.” And, “Is that coriander in the soup?” And yes, even, “Cilantro? Eew!” Yes, you can say, *that's the herb you don't like*. Which means that all the others are the ones you do.



ILLUSTRATION: BRIAN AJHAR



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DIG A *Little* DEEPER

Partnering for Progress

VOL. 3 COLLABORATION

Ensuring a sustainable future, where a balanced meal is accessible to everyone, is a goal that requires ongoing collaboration. That's why so many of today's experts in agriculture, science, education, conservation and philanthropy and many others are partnering – and making progress in a number of important areas.

Working together today, for a better tomorrow:

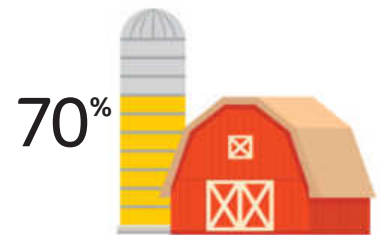
1 Organizations from the private and public sectors are working together to address the challenges of feeding a growing population. The goal? To collaborate on developing solutions for soil health, water conservation, deforestation, honey bee health and many other key issues.



2 Widespread research and education efforts are helping cultivate today's crops and tomorrow's scientists. One collaborative initiative plans to study, measure and identify ways to improve soil health, so farmers can implement sustainable practices such as planting cover crops (like grasses and legumes – which are planted but not harvested – keeping more roots, residue and organic matter in the soil to help it stay fertile).

3 Organizations, farmers, researchers and many others are collaborating to develop new tools to help farmers have better harvests. Some successes: crops that can grow in drought conditions and new precision agriculture tools to help farmers make the best decisions throughout the growing season while using resources more efficiently.

Food for thought:



The estimated percentage that food production needs to increase by 2050 to feed a growing population, which is why so many organizations are collaborating to help make balanced meals more accessible.



Over 200 universities worldwide offer degrees in advanced agricultural sciences, cultivating the experts of tomorrow.

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67%

and cut food prices by roughly half.





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Some things just go together: hot dogs and baseball, funnel cakes and county fairs, and...chili and tailgating.

TEAM

CHILI

For your pregame pleasure, we've got five chilis worth cheering for: classic beef, as well as chicken, pork, turkey, and vegetarian versions. Even if your team loses, your stomach wins.



SUBMITTED BY
George Couch
PREP 15 min
COOK 2 hr, 15 min
READY IN 2 hr, 30 min
SERVES 12
(makes 3 quarts)
RATING
★★★★★
1,376 reviews

Flatlander Chili

armagazine.com/flatlander-chili

"Easy to make, great anytime, and full of flavor but not too spicy. Serve with bowls of shredded cheese, sour cream, chopped scallions, cilantro, shredded lettuce, and tortilla chips, so guests can customize." —GEORGE COUCH

- 2 pounds lean ground beef
- 1 (46-ounce) can tomato juice
- 1 (29-ounce) can tomato sauce
- 1½ cups chopped onion

- ½ cup chopped celery
- ¼ cup chopped green bell pepper
- ¼ cup chili powder
- 2 teaspoons cumin
- 1½ teaspoons garlic powder
- ¾ teaspoon salt
- ½ teaspoon black pepper
- ½ teaspoon dried oregano
- ½ teaspoon sugar
- ⅛ teaspoon cayenne pepper
- 2 (15-ounce) cans red beans, drained and rinsed [From our kitchen: Red beans usually means kidney beans, but you can use pinto beans here, too.]

1 Cook beef in a heavy 5-quart pot over medium-high heat, stirring and breaking up lumps, until evenly brown, about 10 minutes. Pour off grease.

2 Stir remaining ingredients into beef in pot and bring to a boil. Reduce heat and simmer, uncovered, stirring occasionally, until thickened, about 2 hours.

[From our kitchen: The chili can be made 3 days ahead and chilled, covered, or frozen up to 2 months.]

PER 1-CUP SERVING 219 CAL; 6.3g FAT (2.3g SAT); 21.8g PRO; 22.9g CARB; 7g FIBER; 959mg SODIUM; 48mg CHOL

YOU SAID

“I could eat this chili until my stomach bursts! I like things hot, and I would consider this about a five out of 10. It'll clear your sinuses, but you won't be gulping down milk to cool your tongue.” —JEFF SCHMIDT

As written, this was hands-down the best chili recipe I had ever made. Then I put my own little spin on it, and I think I elevated it. I increased the

cayenne and added ¼ cup cornmeal, which thickened it up and made it out-of-this-world good. —NIKKO26

This was delicious! Instead of tomato juice, we used diced tomatoes. It made it nice and thick. —JONBER

Five stars for easy! Five stars for delicious! I used crushed tomatoes and diced tomatoes with green chiles

instead of tomato juice and sauce, reduced the ground beef to 1 pound, and used one can each kidney, pinto, and black beans. I doubled the cumin and added one hot seeded jalapeño, and threw it all in the slow cooker for about four hours. Spectacular! —AMBER PITTS

This is my favorite chili. We always serve it with this: armagazine.com/absolute-mexican-cornbread —TAYLOR

Reynolds Kitchens

Endless TABLE



ASIAN PORK TENDERLOIN PACKETS

1 pound pork tenderloin, sliced
2 cups broccoli florets
2 cups thinly sliced carrots
1 can (8 oz.) sliced water
chestnuts, drained
1 medium red bell pepper, cut in strips
2 green onions, sliced
1/4 cup sweet and sour sauce
2 teaspoons spicy stir-fry sauce
2 teaspoons sesame oil
2 teaspoons minced fresh ginger
4 - 12x12-inch sheets of Reynolds Wrap®
Aluminum Foil

DIRECTIONS

- 1 Divide pork slices and veggies and place on the sheets of Reynolds Wrap® Aluminum Foil.
- 2 Mix sweet and sour sauce, stir-fry sauce, sesame oil and ginger in a small bowl; spoon evenly over pork and vegetables.
- 3 Fold the foil into a packet. Bake for 20 to 22 minutes at 450°F or until pork reaches 160°F and vegetables are crisp-tender.

For more recipes

from the Reynolds Kitchens Endless Table
visit reynoldskitchens.com and

 [@reynoldskitchens](https://www.instagram.com/reynoldskitchens)

Reynolds Wrap
ALUMINUM FOIL
TRUSTED SINCE 1947





SUBMITTED BY
Chefclaudiesel
PREP 15 min
COOK 6 hr
READY IN 6 hr, 15 min
SERVES 6
(makes 7 cups)
RATING
★★★★★
44 reviews

Slow-Cooker Mile-High Green Chili

armagazine.com/slow-cooker-mile-high-green-chili

From our kitchen: We love the roasted-veggie flavor of this Colorado-style pork chili. The “green” in the title refers to the peppers and tomatillos. We made it a little thinner by using sour cream rather than the cream cheese called for in the original. But honestly, it’s the bomb either way.

- 4 fresh tomatillos, husked, rinsed, and halved
- 3 Anaheim chile peppers, halved and seeded
- 3 jalapeños, halved and seeded
- 1 green bell pepper, halved and seeded
- 1 medium onion, halved
- 2½ tablespoons olive oil
- 2 pounds pork shoulder, cut into 1-inch pieces
- 1 teaspoon salt
- ½ teaspoon black pepper
- 2 tomatoes, chopped
- 4 cloves garlic, chopped
- 1 beef bouillon cube (or ½ cup low-sodium beef broth)
- ½ (12-ounce) can or bottle lager-style beer
- 2 tablespoons chopped fresh oregano
- 1 tablespoon chopped fresh parsley
- 1 tablespoon cumin
- 1 teaspoon chili powder
- ¼ cup sour cream (or 4 ounces cream cheese, softened, for a thicker chili)

1 Preheat oven to 425°F. Arrange tomatillos, all peppers, and onion on a baking sheet. Drizzle with 1 tablespoon oil. Roast vegetables until brown spots appear, about 30 minutes.

[From our kitchen: If you’re short on time, you can also broil them under a preheated broiler until charred, 8 to 10 minutes.] Cool briefly, then chop into bite-sized pieces.

2 Meanwhile, pat pork dry with paper towels, then sprinkle with salt and pepper. Heat remaining 1½ tablespoons oil in a large skillet over high heat. Add pork and cook, stirring occasionally, until browned, about 12 minutes.

[From our kitchen: For better browning, cook it in two small batches rather than all at once.] Transfer pork to a 3½- to 4-quart slow cooker and stir in roasted vegetables, tomatoes, garlic, bouillon cube, beer, oregano, parsley, cumin, and chili powder. Cover and cook on Low until pork is very tender, 5½ to 6 hours. **[From our kitchen:** If you don’t have a slow cooker, simmer it, covered, in a heavy pot on the stovetop, and it’ll be done in about 2 hours.]

3 A few minutes before serving, stir sour cream into chili. (If you’re using cream cheese, mix it with a little of the chili liquid in a small bowl first to warm and thin it. Then whisk the cream cheese mixture into the rest of the chili.)

[From our kitchen: The chili (minus the sour cream or cream cheese) can be made 3 days ahead and chilled, covered, or frozen up to 2 months. Stir in sour cream or cream cheese after reheating.]

PER GENEROUS 1-CUP SERVING 270 CAL; 14.2g FAT (4g SAT); 20.5g PRO; 13.8g CARB; 2.7g FIBER; 639mg SODIUM; 66mg CHOL

YOU SAID

“Amazing! I live in Colorado and have had some darn good green chili, but wow! I used approximately 20 freshly roasted green chiles and zero tomatillos. I will be making this again, and often! —COFLY@IRL

Fun to make and so tasty! I must have found some mild chiles because there was no heat at all in mine, but that didn’t detract from the flavor. Next time, I will skip the cream cheese, as that may have muted the heat. —MUTTON CHOP BEGAY

We really enjoyed this. I added two large poblanos, more tomatillos, a whole onion, additional cubed

pork, a couple shakes of adobo seasoning, and some canned roasted Hatch chiles. I omitted the Anaheim peppers, bell pepper, beef bouillon, chili powder, and sour cream. When ready to serve, I dolloped Mexican crema on top, and we ate it with warm corn tortillas. —WISWEETP

This was my first recipe with a slow cooker! Since I’m pseudo-vegetarian, I replaced the meat with the same amount of quartered red potatoes, cooked them with the rest of the veggies, and used cheddar cheese for a topping instead of stirring in sour cream or cream cheese at the end. —AIRUMEL



YOU SAID

“One of my all-time favorites on Allrecipes.com. Two comments: You must cut the squash into pretty small pieces and cook it for a while. And you must, must, must garnish it with cilantro and avocado. It completely steps the dish up to another level. —TWAINB

Full of flavor and very healthy! Instead of buying separate cans of green chiles and diced tomatoes, I just used two cans of diced tomatoes with green chiles. I also

added some allspice per others' suggestions. I simmered it on low heat for about an hour, which allowed the flavors to really come together. —JILLIAN

Excellent. I used corn instead of hominy, and I added some oregano. We really enjoyed it. Thank you! :) —COOKINBU@

Delicious! I added black beans and jalapeños and used fire-roasted canned tomatoes. —HOTAPPLEC

Butternut Squash and Turkey Chili

armagazine.com/butternut-squash-and-turkey-chili

“This is a seriously spicy, filling chili. Serve with sour cream and tortilla chips!” —CPOLENCHECK

- 2 tablespoons olive oil
- 1½ cups chopped onion
- 2 cloves garlic, minced
- 1 pound ground turkey [From our kitchen: Try not to use ground turkey breast for this chili—it gets hard and dry. Ground turkey, made with a mix of light and dark meat, gives you a much better texture.]
- 1 (1-pound) butternut squash, peeled and cut into 1-inch cubes
- 1½ cups low-sodium chicken broth
- 1 (4.5-ounce) can chopped green chiles
- 2 (14.5-ounce) cans petite diced tomatoes
- 1 (15-ounce) can kidney beans, drained and rinsed
- 1 (15- to 15.5-ounce) can white hominy, drained and rinsed [From our kitchen: Hominy is dried corn that's

softened by and hulled after a long soak in a special solution. You can find cans of it in the Mexican-foods aisle of the supermarket.]

- 1 (8-ounce) can tomato sauce
- 1 tablespoon chili powder
- 1 tablespoon cumin
- 1 teaspoon garlic salt

- 1 Heat oil in a heavy 5-quart pot over medium heat. Add onion and garlic and cook, stirring, 3 minutes. Add turkey and cook, stirring and breaking up lumps, until no longer pink, about 5 minutes.
- 2 Add remaining ingredients and bring to a simmer. Reduce heat to medium-low and cook, covered, until squash is tender, about 20 minutes.

[From our kitchen: The chili can be made 3 days ahead and chilled, covered, or frozen up to 2 months.]

PER GENEROUS 1-CUP SERVING 199 CAL; 7.4g FAT (1.5g SAT); 12.8g PRO; 22.5g CARB; 5.5g FIBER; 620mg SODIUM; 34mg CHOL



Blipp for tips on making your chili ahead of time, healthier, and just as thick or thin as you like. (See page 4 for blipp details.)

SUBMITTED BY
CPolenccheck
PREP 20 min
COOK 30 min
READY IN 50 min
SERVES 10
(makes 3 quarts)
RATING
★★★★★
191 reviews



YOU SAID

“While I have been using Allrecipes.com for years, this is the first recipe I have ever reviewed. This chili deserves it! I was a bit worried that I wouldn't like the texture of quinoa in chili, but it blended right in and added heartiness. Great recipe! —AMYT

SUBMITTED BY
Shauna
PREP 30 min
COOK 15 min
READY IN 45 min
SERVES 10
(makes 3 quarts)
RATING
★★★★★
251 reviews

Quinoa and Black Bean Chili

armagazine.com/quinoa-and-black-bean-chili

FOR QUINOA

- 1 cup quinoa, rinsed
- 2 cups water
- ¼ teaspoon salt

FOR CHILI

- 2 tablespoons vegetable oil
- 1 onion, chopped
- 4 cloves garlic, chopped
- 1 tablespoon chili powder
- 1 tablespoon cumin

- 1 (28-ounce) can crushed tomatoes
- 2 (19-ounce) cans black beans, rinsed and drained
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 medium zucchini, chopped (2 cups)
- 1 jalapeño, seeded and minced
- 1 whole chipotle pepper in adobo sauce, minced
- 1 teaspoon dried oregano
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 cup frozen corn kernels
- ¼ cup chopped fresh cilantro

Prepare quinoa:

- 1 Bring quinoa, water, and salt to a boil in a saucepan over high heat. Reduce heat to medium-low, and simmer, covered, until quinoa is tender and water is absorbed, 15 to 20 minutes.

Make chili:

- 2 Meanwhile, heat oil in a heavy 5-quart pot over medium heat. Cook onion, stirring, until softened and translucent, about 5 minutes. Add garlic, chili powder, and cumin, and cook, stirring, 1 minute. Stir in tomatoes, beans, green and red bell peppers, zucchini, jalapeño, chipotle pepper, oregano, salt, and black pepper. Bring to a simmer over medium heat, then continue to simmer, covered, stirring occasionally, 20 minutes.

- 3 Stir in quinoa and corn. *[From our kitchen: If it's really thick, add up to 1 cup water, too.]* Cook until heated through, about 5 minutes. Remove from heat and stir in cilantro.

[From our kitchen: This can be made 3 days ahead and chilled, covered, or frozen up to 2 months. To preserve its texture, prepare and add the quinoa just before reheating and the cilantro just before serving.]

PER GENEROUS 1-CUP SERVING 213 CAL; 5.8g FAT (0.5g SAT); 8.8g PRO; 37g CARB; 7.6g FIBER; 504mg SODIUM; 0mg CHOL

White Chili

armagazine.com/white-chili-i

- 2 tablespoons olive oil
- 3 pounds skinless, boneless chicken thighs, trimmed and cut into 1-inch cubes *[From our kitchen: Dierdre's original recipe used chicken breasts—and you can, too—but we liked this better with skinless boneless thighs, which stay juicier in stews, even after reheating.]*
- 2 cups chopped onions (2 medium)
- 1 teaspoon salt
- 2 teaspoons garlic powder

- 2 teaspoons cumin
- 2 teaspoons dried oregano
- ½ teaspoon black pepper
- ¼ teaspoon cayenne pepper
- 2 cups low-sodium chicken broth
- 2 (15-ounce) cans cannellini beans, drained and rinsed
- 2 (4-ounce) cans diced green chiles
- ¼ cup chopped green onions
- ¼ cup chopped fresh cilantro
- 1 cup shredded Monterey Jack cheese (4 ounces)

- 1 Heat oil in a wide, heavy 5-quart pot over medium-high heat. Cook chicken and onion, stirring, until onion is tender and chicken

edges are cooked, 5 to 7 minutes. Stir in salt, garlic powder, cumin, oregano, black pepper, and cayenne, and cook 2 minutes more.

- 2 Add broth, beans, and chiles. Bring to a boil. Reduce heat, and simmer, uncovered, until chicken is cooked through and flavor has developed, about 15 minutes.

- 3 Top each serving with green onions, cilantro, and shredded cheese.

[From our kitchen: This chili (minus the garnishes) can be made 3 days ahead and chilled, covered, or frozen up to 2 months.]

PER 1-CUP SERVING 381 CAL; 21.7g FAT (6.3g SAT); 41g PRO; 19.7g CARB; 5.9g FIBER; 989mg SODIUM; 145mg CHOL

YOU SAID

“At our church chili cook-off, this won first prize for nontraditional chili. —RUTHNCLS

It took my family forever to get to the table when I made this, so it boiled down to a thick mixture. Otherwise I would have added some smashed beans for thickener. —J. H. WEST



SUBMITTED BY
Dierdre Dee
PREP 20 min
COOK 25 min
READY IN 45 min
SERVES 8
(makes 2 quarts)
RATING
★★★★★
378 reviews

There's
gold in your
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Liquid Gold.



VELVEETA® Queso Burgers

How do cheeseburgers technically become Queso Burgers? By being topped with a melty mixture of VELVEETA and RO*TEL® Diced Tomatoes & Green Chilies.

Prep Time: 20 min. | Makes: 6 servings

What you need:

- 1.5 lbs. ground sirloin
- 1 lb. (16 oz.) VELVEETA, cut into 1/2-inch cubes
- 1 can (10 oz.) RO*TEL® Diced Tomatoes & Green Chilies, undrained
- 6 hamburger buns
- 6 pieces leaf lettuce
- 1 large tomato, cut into 6 slices

Make it:

Heat grill to medium heat.
Shape meat into 6 (1/2-inch thick) patties. Grill 4 to 5 min. on each side or until done (160°F). Meanwhile, microwave VELVEETA and RO*TEL® in microwaveable bowl on HIGH 5 min. or until VELVEETA is completely melted, stirring after 3 min. Place burgers on bottom halves of buns; top each with 2 Tbsp. VELVEETA sauce. Cover with lettuce, tomatoes and tops of buns.

For more Liquid Gold recipes visit VELVEETA.com



A SUPER-ABBREVIATED HISTORY OF TAILGATING

**B.C.**

Ancient Greeks and Romans gather outdoors to eat, cook, and celebrate before and after battles against fierce competitors like famine and Old Man Winter.

14th Century

Cornhole, a beanbag-toss game similar to horseshoes and the go-to amusement of the modern-day tailgater, is invented in Germany, according to (we kid you not) the American Cornhole Association.

1869

Princeton plays Rutgers in the first intercollegiate American football game. Fans picnic. Rutgers wins.

1919

In a historic BYOB (bring your own bleachers) move, Green Bay Packers fans back up their horse-drawn wagons and farm trucks around the football field and fold down the tailgates for extra seating. Food (cheese curds, perhaps?) and drink (suds?) are consumed.

Today

Tailgaters spend a combined \$20 billion annually on pre-, during-, and post-game rituals, including food, beverages, and gear. Game? What game? One study finds that as many as 30 percent of stadium tailgaters don't attend the actual event.

—JENKIN&LINDLEY

HOT TIPS & COOL TRICKS FOR A LOW-STRESS TAILGATE PARTY

The aroma of grilling brats. The snap of fall in the air. The rare chance to wear face paint as a grown-up. Don't you just love a good tailgate? Well, maybe not if you're the host, the brave soul who volunteered to throw a party for an uncertain number of guests, out in the elements, without the benefit of electricity or running water. But, hey! You can do this! Here's how:

Keep it simple: If you want to relax in your insignia-emblazoned folding chair, plan no more than one or two foods that will require on-site cooking or special care. Round out your menu with make-ahead or ready-to-eat fare that can be served at room temperature. Think cornbread, cookies, veggies, chips, and dip. Bonus points for finger foods: They minimize the need for utensils.

Start prepping pre-game: Chop, slice, and assemble whatever you can at home. Put it all in waterproof zip-top plastic bags or those handy plastic tubs from the deli, which stack neatly and take up minimal room in coolers. The more you pack in disposable containers, the less you'll have to lug home or clean. When possible, use several smaller containers, rather than one large one, so you can take only as much as you need out of the cooler and keep the rest cold.

Coolers are your MVPs: Have one ice-filled cooler just for drinks; another for perishable foods like cheese and salad; and one you use, sans ice, to keep hot foods hot. (Yes, really! Just put a tightly covered, towel-wrapped pot of boiling-hot chili or other hot food inside. Use more towels to fill the empty spaces. To keep it hot even longer, try a Boy Scout move: Heat a few clean bricks or stones in your oven, wrap them in dish towels, and tuck them in the bottom of the cooler before packing it.) One more thing: Mark the drink cooler with a festive sign and a bottle opener tied to the handle so thirsty guests don't keep opening the other coolers to investigate.

Keep hot foods hot: Hold just-grilled items like chicken wings in covered disposable foil tins on the grill's edge, away from direct heat, to keep them warm without overcooking.

Keep cold foods cold: Serve chilled perishables—salads, veggies for the burgers, your famous guacamole—in waterproof containers nestled in a larger dish of ice. And don't take more out of the cooler than you need at once.

Don't forget these: Meat thermometer, bug spray, sunscreen, wet wipes, paper towels, paper plates, disposable utensils, foil, lighter, bottle opener, heavy-duty trash bags, oven mitt, extra tongs and spatulas, and more ice than you thought you would ever need.

Discard, gather, repeat: When the party's over, toss disposable containers and any perishable leftovers that have been out for more than 2 hours. Collect dirty reusables in an empty cooler or a large plastic tub with a tight-fitting lid; wait until you're home, with actual running water, to wash them. Stow any gear (bug spray, etc.) and unopened nonperishables (chips, beverages, etc.) in a dedicated tote, and you'll be a step ahead of the game for next time. Win!

—JENKIN&LINDLEY



Trash-to-Treasure Pleasures

Don't pitch out those odds and ends from vegetables. They're money in your pocket!

By Ben and Birdy

How much of those vegetables you just bought will end up in the trash? A lot—and it's not because they've gone bad. It's because you're throwing away all those peels, stems, leaves, and trimmed ends. But you can put them to good use for all kinds of delicious, nutritious bonuses. Plus, what could be thriftier? Here's how to treasure every inch of your veggies.

STEMS. Most cooks use only the leaves from soft herbs such as cilantro and parsley. But their crisp, flavorful stems can be chopped and added right into tabbouleh or salsa, or slivered for a soup garnish.

TOPS. Buying root vegetables for their sweet bottoms doesn't have to mean wasting the crop up top. Beet, turnip, or radish greens can be braised—with or without their chopped roots—in a little olive oil with a chopped garlic clove and a splash of water. Snip ferny carrot greens like an herb to season cooked or raw carrot dishes.

LEAVES. Don't leave leaves! Dark-green leek tops can be steamed, buttered, and served as a side, or slivered and added to stocks and soups. Any happy-looking broccoli or cauliflower leaves can be chopped and used along with the florets. Celery leaves from inside the bunch are a great go-to herb: Chop them to up the oomph of tuna salad, garnish minestrone, or to add flavor to a salad.



STALKS. Broccoli stalks are sweet and delicious. Peel, chop, and add them in with the heads, or grate them solo into a raw slaw. Stripped chard or kale stems can be sliced, braised until tender—olive oil, garlic, and a splash of white wine makes them extra delicious—and served as a side.

ZEST. There's an even more intense punch of flavor in citrus rind than in the juice. If you're following a juice-only recipe, take a minute to first wash and grate the zest of an orange, lemon, or lime into a small jar of olive oil. Shake it up, and you'll have an aromatic citrus oil on hand for marinades and dressings.

SEEDS. Go out of your gourd and roast the seeds of any winter squash. Just clean and dry them, toss them with a bit of oil and salt on a baking sheet, then roast them in a 300°F oven, stirring halfway through, until crisp and golden, about 25 minutes. Snack away—or use the seeds to garnish your butternut bisque.

ODDS AND ENDS. If there's good flavor, use it. Cook corn cobs in water to make a simple broth for your chowder. Or simmer scraps—root and squash peelings, green bean ends, wilted greens, or stems from woody herbs—with onion, carrots, and celery in a vegetable stock.

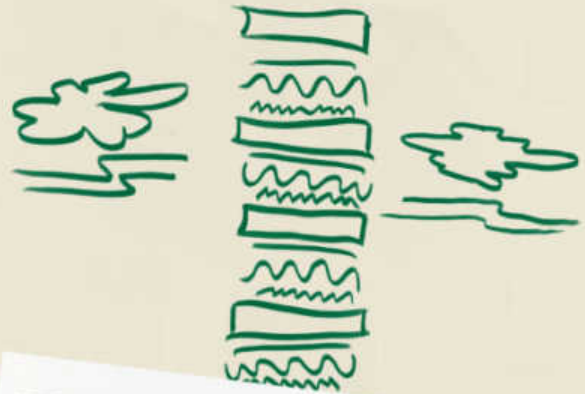
ONE LAST TIP: Keep a zip-top “scrap bag” in your freezer, and use it when it's full.

OPEN WIDE

Your Mouth,
not your pocketbook.

Ever find yourself in lunchmeat limbo thinking, "do I get the meat with ingredients I can't even pronounce, or the super expensive, fancy 'hey, look at me' stuff."

It's either affordable or natural. Guess what: you can have both. Have more, not less! Stack it high to the sky! Now that you know, it's easy to



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What's Going on With Gluten?

It seems there's a national obsession with gluten—a combo of proteins in wheat and other grains (that we've been happily eating for years). Why is it suddenly the bad guy?

By MargeP

I was sitting at dinner with some colleagues the other night, and one of them announced she was going gluten-free.

"Are you gluten-sensitive?" I asked.

"No," she said, "I don't think so. But a friend of mine is, and when she stopped eating gluten, her skin looked really good. So I thought maybe it would make my skin better."

It seems as if everyone I know is going gluten-free, and for all kinds of reasons, from improving skin tone and preventing headaches to calming a finicky stomach. Gluten has turned into a dietary demon. What happened—and is it really that bad?

There are many theories about how we, as a nation, have become so gluten-aware—and so many of us gluten-averse. It may have started with the 2011 publication and popularity of Dr. William Davis's diet book, *The Wheat Belly*, which accused wheat of causing everything from arthritis to diabetes to cataracts—and, perhaps most important, our inability to lose weight. Dr. Oz featured the plan on his TV show, which gave rise to more books and plans, and soon we were all wondering if giving up gluten would make us feel much better.

So we tried it. And the more of us who did, the more gluten-free products appeared on supermarket shelves—to the point where it has now grown into a \$9 billion business. Seeing all those boxes on the shelf shouting "gluten-free!" further enforces the idea that gluten is bad.

Here's the deal: Many people *do* feel better when they don't eat wheat, rye, and barley. Current estimates are that 18 to 20 million of us may be gluten-sensitive. Another 3 million people have celiac disease, which is different from gluten sensitivity in very important ways (see "How Do You Know If You Have Celiac Disease?" on

page 65). We humans have been eating wheat and gluten for a very long time. So what's caused this growing sensitivity?

There are many theories, and most have been disproven. What we do know is that many people truly experience discomfort after eating wheat and other gluten-containing ingredients; they aren't making it up. But one popular theory—that it stems from changes in how we grow wheat—has been disproven. Wheat today is pretty much the same as it was 50 years ago. Some scientists believe it's not the wheat but the commercial baking process that uses an ingredient called "vital wheat gluten." This concentrated form of gluten improves the texture and extends the shelf life of baked goods. But as many scientists point out, there isn't enough evidence yet to blame vital wheat gluten, either. The bottom line is that they don't know what has caused a rise in gluten sensitivity, but they're scrambling to find out.

In the meantime, just because some people feel better when they don't eat gluten doesn't mean we should all give it up. If you suspect you're sensitive, try going gluten-free for two weeks. If you feel better, you may indeed be gluten-sensitive. But understand that there may be important nutritional and dietary trade-offs with going gluten-free (see "4 Myths About Gluten Sensitivity" on page 64).

If you do go down that path, be sure to balance your intake of processed gluten-free foods with homemade. And that's where our savvy gluten-free community on Allrecipes.com comes in. They've come up with some great recipes for the kinds of food you and your family might miss the most. And these aren't only "good for gluten-free"—these are dishes everyone will love, whether they're gluten-sensitive or not.

4 MYTHS ABOUT GLUTEN SENSITIVITY

1. You're better off reducing or eliminating gluten.

No! Gluten is not bad for you unless it is. Sounds crazy, but gluten is bad only for people who can't tolerate it. If you have no issues from eating gluten—bloating and abdominal pain, for instance—you shouldn't give it up. A gluten-free diet can lead to other dietary woes: It can lack nutrients like B vitamins, calcium, iron, zinc, magnesium, and fiber. And some new gluten-free replacement foods can contain highly processed refined carbohydrates—rice flour, cornstarch, potato starch, and tapioca starch—that our bodies convert to sugar.

2. Going gluten-free is a good way to lose weight.

You figure if you give up all those starchy carbs, you'll give up calories, too, right? Not really: If you replace bread and pasta with gluten-free versions, you may even be *adding* calories because of some ingredients often used in gluten-free baked goods.

3. You can diagnose gluten sensitivity through blood, saliva, or other tests.

The only way to determine gluten sensitivity is through process of elimination. Methodically eliminate items from your diet, and if you feel

better, stay away from them. To really test out which ones bother you, and to understand what quantity you can and can't tolerate, try slowly reintroducing suspects into your diet. (There is a blood test for celiac disease, though; see facing page.)

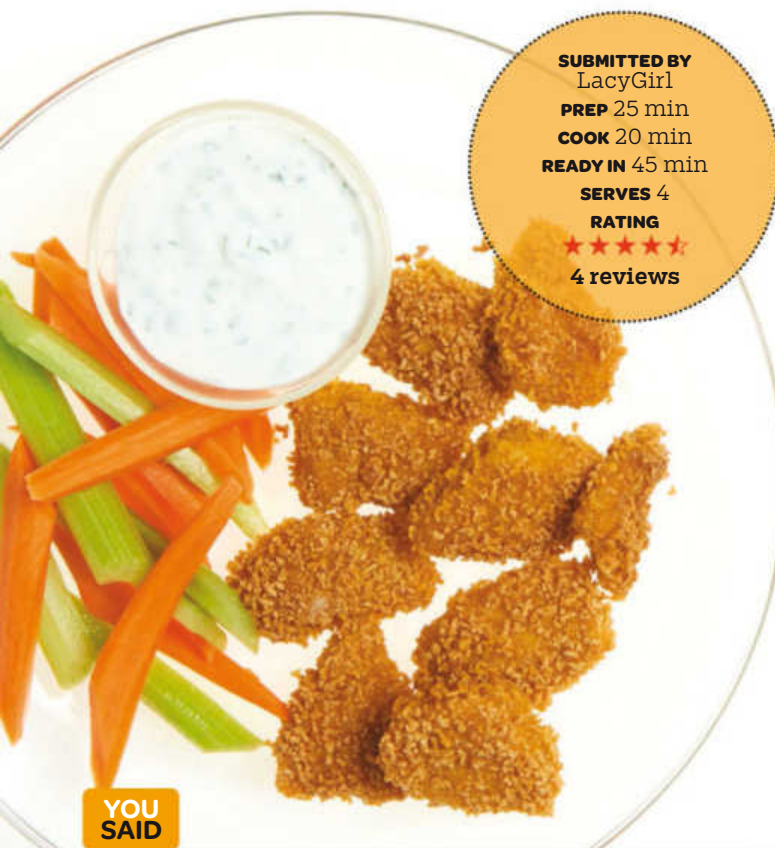
4. The increase in gluten sensitivity and celiac disease is because wheat is grown differently now.

This popular myth has been scientifically discounted by a number of studies, but it persists. Other theories, such as the use of a popular additive called "vital wheat gluten," and our overall increase in the amount of wheat

we eat, are being researched. Another reason we hear more about celiac then ever before is that it's better diagnosed than in the past. Most people with the disease don't realize it until increasingly serious gut-clenching incidents. That's changing, and the National Foundation for Celiac Awareness (celiaccentral.org) predicts that by 2019, diagnoses might jump from the current level of 17 percent to more than half of cases.



What are the best and worst gluten-free products you've tried? Tell us on Facebook or Twitter, tagged #MyAllrecipes



SUBMITTED BY
LacyGirl

PREP 25 min

COOK 20 min

READY IN 45 min

SERVES 4

RATING

★★★★★

4 reviews

YOU
SAID

“The first time we made this, we used gluten-free bread crumbs; everyone loved it. This time, we used crushed Corn Chex, and they liked it even more (if that's somehow possible). The gluten is not missed!” —L A BROWN

I seasoned the chicken with salt and pepper before coating, and I also seasoned the crumbs with a few spices. The recipe might turn out a little bland if there was no seasoning. It came out super crispy and it was delightful. —ABC

Gluten-Free Chicken Nuggets

armagazine.com/gluten-free-chicken-nuggets

From our kitchen: *Corn Chex is one of many cereals that has been reformulated to be guaranteed gluten-free. Rice and corn cereals aren't usually made with gluten, but some companies went to lengths to ensure that ingredients and the manufacturing process had no gluten that could "contaminate" the products. A label with the "gluten-free" claim meets stricter standards than one saying "made with no gluten-containing ingredients."*

4 cups gluten-free, bite-size corn square cereal (such as Corn Chex)

1/3 cup rice flour

3/4 teaspoon salt

2 large eggs

1 1/4 pounds skinless, boneless chicken breast, cut into 1-inch pieces

1/4 cup vegetable oil for frying, or as needed

1 Preheat oven to 350°F.

2 Pulse cereal in a food processor or in small batches in a blender until consistency of bread crumbs. **[From our kitchen:** You can also crush cereal in a large zip-top plastic bag with a rolling

pin.] Pour half onto a large plate.

3 Spread a large sheet of wax paper on a work surface. Whisk together flour and salt in a bowl. Whisk eggs in a separate bowl until smooth. Dredge chicken pieces in flour mixture, shaking off excess. Dip in beaten egg, then press into cereal to coat, adding more cereal as needed. Transfer to wax paper in a single layer.

4 Heat 2 tablespoons oil in a large nonstick skillet over medium heat until hot, about 2 minutes. Cook half of chicken, turning over pieces once, until golden, about 3 minutes each side. Transfer to paper towels to drain. Wipe out skillet and cook remaining chicken in remaining oil.

5 Transfer chicken to a large baking sheet in a single layer. Bake until no longer pink in center and juices run clear, 10 to 12 minutes.

[From our kitchen: *These are best when freshly made, but you can also make them 1 day ahead. Cool completely and chill in an airtight container. Reheat in a 350°F oven until heated through, about 10 minutes.*]

PER 7-NUGGET (6-OUNCE) SERVING
356 CAL; 10g FAT (1.9g SAT); 36g PRO; 29g CARB; 2g FIBER; 582mg SODIUM; 173mg CHOL



Blipp to get a **Gluten-Free Chicken Schnitzel** variation of this recipe (page 4 has blipp details).

SUBMITTED BY
Alli Shircliff
PREP 15 min
COOK 25 min
READY IN 40 min
SERVES 4
RATING
★★★★★
83 reviews



YOU SAID

“ I used my cauliflower raw, and baked the crust at 425°F for the first 15 minutes, then 450°F for another 5 to 7 minutes. Yummy! —JR00306

Squeeze the daylights out of the cauliflower to get rid of as much liquid as possible. This is a less-

filling pizza; I don't get that overstuffed feeling after eating a couple pieces. —MNNMMOMJEN

I didn't use a food processor. I put cooled steamed cauliflower in a bowl, mashed it up with a fork, then added the other ingredients. —DONNA BEARD VEAL

Gluten-Free Margherita Pizza

armagazine.com/gluten-free-margherita-pizza

From our kitchen: We used Allrecipes community member Alli Shircliff's Cauliflower Pizza Crust to build this amazing Margherita Pizza. Not only is this crust a boon to anyone with gluten sensitivity, it's a great way to significantly reduce those pizza calories. As if that weren't enough, you get all those extra-healthy plant nutrients with each bite!

FOR CRUST

- 3 cups coarsely chopped cauliflower (about 1 pound)
- 1 large egg
- ½ cup shredded Italian-blend cheese (2 ounces)
- ¼ cup chopped fresh parsley
- 1 clove garlic, chopped

- ¼ teaspoon salt
- ¼ teaspoon black pepper
- FOR TOPPING**
- ½ cup tomato sauce
- ¼ cup sliced pepperoni (optional)
- ½ cup packed shredded Italian-cheese blend
- 2 tablespoons parmesan cheese
- ¼ cup small or torn fresh basil

Make crust:

- 1 Preheat oven to 450°F. Line a baking sheet with foil and spray with cooking spray.
- 2 Grate cauliflower in a food processor. **[From our kitchen:** If you don't have a food processor, just grate a cauliflower head on a box grater. It's pretty easy!]
- 3 Put a steamer in a saucepan, add water to reach just below bottom, and bring to a boil. Add cauliflower and steam, covered, until tender, 8 to 10 minutes. Transfer to a large plate,

spreading it out. Refrigerate, stirring occasionally, until cooled, about 15 minutes. Transfer to a smooth kitchen towel (not terry cloth), gather up towel ends, and twist, firmly squeezing out as much liquid as possible.

4 Mix together egg, cheese, parsley, garlic, salt, and pepper in a bowl. Stir in cauliflower with a fork until evenly incorporated. Mound mixture in center of baking sheet; press and shape into a 12-inch round (about ¼ inch thick).

5 Bake until lightly browned, 15 to 18 minutes.

Make topping:

- 6 Spread tomato sauce on crust and add pepperoni (if using), then sprinkle with Italian and parmesan cheeses. Bake until cheese is melted and bubbling, about 5 minutes. Scatter with basil.

PER 1-SLICE SERVING 148 CAL; 10.1g FAT (4.9g SAT); 11.6g PRO; 6.2g CARB; 2.2g FIBER; 555mg SODIUM; 68mg CHOL



To get a **Mushroom, Pepper, and Red Onion Pizza** topping, just blipp with your phone!

How do you know if you have celiac disease?

Many celiac symptoms are similar to those of gluten sensitivity—including bloating and abdominal pain, skin rash, and more. But a simple blood test can determine if you truly have celiac. It's important to know, because if you do have the autoimmune disease, even small amounts of gluten can cause severe problems. Talk to your doctor, but don't go gluten-free before the test—that could skew your results.

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SUBMITTED BY
Ktonks
PREP 50 min
COOK 30 min
READY IN 2 hr, 40 min
(includes cooling)
MAKES 24 cupcakes
RATING
★★★★★
27 reviews

Gluten-Free Red Velvet Cupcakes

armagazine.com/gluten-free-red-velvet-cupcakes

From our kitchen: A combination of gluten-free flours—rice, sorghum, and coconut—gives these cupcakes a tender, light crumb that's indistinguishable from the standard version. Applesauce contributes to the moistness without adding a lot of calories.

- ¾ cup brown rice flour
- ¾ cup sorghum flour
- ¼ cup coconut flour
- ¾ cup tapioca starch
- 1 teaspoon baking soda
- 1 teaspoon xanthan gum [From our kitchen: You can find this in the health-food aisle, or in health-food markets.]
- ¼ teaspoon salt
- 4 tablespoons unsweetened cocoa powder
- 1 cup canola oil
- 1½ cups sugar
- 2 large eggs, at room temperature
- ¾ cup unsweetened applesauce
- 1 cup buttermilk
- 2 tablespoons red food coloring (1-ounce bottle)
- 1 teaspoon vanilla extract

❶ Preheat oven to 350°F and arrange racks in upper and lower thirds of oven. Line two 12-muffin-cup pans with paper liners.

❷ Whisk together flours, tapioca starch, baking soda, xanthan gum, salt, and 3 tablespoons cocoa powder in a bowl. Beat oil and sugar with an electric mixer until thoroughly combined. Beat in eggs 1 at a time until well blended. Add applesauce. Beat in a third of flour mixture, then a third of buttermilk, and repeat until just smooth (batter will be thick).

❸ Mix together remaining tablespoon cocoa, food coloring, and vanilla in a bowl to make a paste; gently stir into batter. Pour batter into prepared muffin cups, a scant ¼ cup each.

❹ Bake in upper and lower thirds of oven, switching position of pans halfway through, until a toothpick inserted in center of a cupcake comes out clean or almost clean, 30 to 35 minutes. Transfer cupcakes to a rack to cool completely, about 1 hour, before frosting.

[From our kitchen: To make this as a cake, grease and flour two 9-inch round cake pans with gluten-free flour and continue with recipe.]

PER SERVING (1 UNFROSTED CUPCAKE) 193 CAL; 10.1g FAT (1g SAT); 1.9g PRO; 24.6g CARB; 1.2g FIBER; 106mg SODIUM; 16mg CHOL



Blipp to get an easy Cream Cheese Frosting recipe you'll love, or go to armagazine.com/cream-cheese-frosting

YOU SAID

I made these for the baby shower of a friend with celiac. They were very tasty and moist. The texture is good and there is no strange aftertaste like

sometimes happens with gluten-free baked goods. —KELLYS068

You have restored my faith in gluten-free desserts. I replaced the buttermilk with

coconut milk and they turned out fantastic! —BETTYLUVS2COOK

I left out the xanthan gum and it still worked just fine. —FRANNIEHARRIS

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An Appetite for Argentina

Empanadas are a popular snack around the world, but no one loves them quite like Argentinians. Fiorella Amodio—online editorial producer for Allrecipes Argentina—tells us why.

A country's cuisine is always important to its culture, but in Argentina, our food *defines* our culture. Families and friends come together for meals quite often, and empanadas are a part of nearly every gathering—big or small, young or old, formal or casual, morning or evening.

There's no such thing as a "traditional" empanada in Argentina. Each region has its own style: In Salta, for example, you'll find empanadas filled with beef, potato, and raisins. In coastal areas, tuna is a popular filling. They can be baked or fried, stuffed with



ham and cheese, chicken and onion, creamy corn (called *humita*), mushrooms, veggies...the possibilities are endless! There are even dessert empanadas filled with *dulce de leche* or jam. The recipe here is typical of the central Pampa region, where they often

use hard-boiled eggs and season with cumin.

The type of dough used for empanadas is also very important: Premade rounds prepared with wheat flour are readily available at Latin grocery stores, but many people make dough from scratch. Once filled, each empanada is sealed with a special crimping technique called *repulgue*—it looks sort of like a braid around the edge of the empanada, though there are many different styles. When there are several types of empanadas to choose from—like at a party or a restaurant—you can tell them apart by their different *repulgue*. Beginners often use a fork to crimp the edges, which is what is called for in this recipe. Practice makes perfect, though, and once you begin making your own empanadas, you'll discover just how versatile they are. Look out: You might end up with empanadas at every meal, too! —FIORELLA

Argentinian Beef Empanadas

armagazine.com/argentinian-beef-empanadas

"My family loves these juicy meat pies with raisins, hard-boiled eggs, and chopped olives. This recipe is always a hit." —MARIAZOROZA

- 1/2 pound ground beef
- 3 tablespoons butter
- 2 medium onions, chopped
- 1 green onion, chopped
- 2 hard-boiled eggs, chopped
- 14 pitted green olives, such as Manzanilla, finely chopped
- 3 tablespoons raisins
- 1 teaspoon cumin
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 (17.3-ounce) packages frozen puff pastry (each with 2 sheets), thawed
- [From our kitchen: There are plenty of recipes for making your own empanada dough, but we thought using frozen pastry dough was easiest.]
- 1 raw egg, lightly beaten

1 Set racks in upper and lower thirds of oven, and preheat to 425°F. Line 2 large baking sheets with parchment paper.

2 Cook beef in a large, heavy skillet over medium-high heat, stirring and breaking up lumps, until no longer pink, 4 to 5 minutes. Transfer beef to a small bowl with a slotted spoon and pour off grease from skillet. Melt butter in skillet and sauté onions and green onion, stirring occasionally, until tender, about 5 minutes. Return beef to skillet and stir in hard-boiled eggs, olives, raisins, cumin, salt,

and pepper. Transfer mixture to a shallow bowl and chill until cooled, 10 to 20 minutes. [From our kitchen: Filling can be made up to 1 day ahead and chilled, covered.]

3 Unfold 1 pastry sheet, keeping remaining chilled, onto a lightly floured surface, dust lightly with flour, and roll out into a 12-inch square. Cut four 5 1/2-inch rounds from pastry. [From our kitchen: If the pastry becomes too soft to work with, chill it on a spare baking sheet in the freezer to firm it up, about 5 minutes.]

Brush a 1/2-inch border around edges of 1 round with water, using a small brush or a fingertip. Spoon about 3 tablespoons of filling onto half of round. Fold other half over filling and press edges together firmly. Crimp edges with a fork and transfer to one of prepared baking sheets. Repeat with 3 remaining rounds. Form 12 more

empanadas in same manner with remaining pastry and filling, arranging them about 1 1/2 inches apart on baking sheets.

4 Brush tops of empanadas with beaten egg. Bake, switching position of sheets halfway through, until golden brown, about 15 minutes.

[From our kitchen: The assembled, unbaked empanadas can be frozen up to 3 months, wrapped well. No need to defrost: Brush them with beaten egg just before putting them in the oven at 425°F for 20 to 25 minutes.]

PER 2-EMPANADA SERVING 671 CAL; 47g FAT (4.3g SAT); 13.6g PRO; 48g CARB; 0.6g FIBER; 692mg SODIUM; 99mg CHOL



Blip with your phone (page 4 shows how) to check out Allrecipes Argentina, or go to Allrecipes.com.ar

SUBMITTED BY
MariaZoroza

PREP 1 hr

COOK 25 min

READY IN 1 hr, 25 min

SERVES 8 (makes 16)

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TRICKS

for

TREATS



*When cakes and cookies turn into bats, bones,
and fingers, Halloween is officially here.*





BAT CUPCAKES

armagazine.com/bat-cupcakes

"My kids expect to be able to take these to school even when I'm not the Halloween-party mom. I also take some to work, and the people who dress in costume get one as a prize!" —TOSHA FIELDS

1 package (18.25-ounce) chocolate cake mix *[From our kitchen: If you can't find this size, use a 15.25- or 16.5-ounce package.]*

1/2 (16-ounce) container store-bought chocolate frosting

1 (11.5-ounce) package fudge-striped shortbread cookies

1 (6-ounce) bag milk chocolate kisses, unwrapped

1 small tube store-bought red frosting

1 Prepare cake mix according to package directions for cupcakes. Let cool completely in muffin pan. *[From our kitchen: Unfrosted cupcakes can be frozen up to 2 weeks ahead.]*

2 Spread chocolate frosting over cupcakes.

3 Break cookies in half (or cut with a serrated knife) for wings. With stripes facing away from you, firmly press points of cookie halves down through frosting into cupcake, just

deep enough for them to stand on their own. For body, put a chocolate kiss in front of cookies with its point facing you. Pipe 2 eyes with red frosting.

[From our kitchen: Frosted cupcakes can be kept up to 3 days in an airtight container at room temperature.]

PER SERVING 233 CAL; 10.3g FAT (4.4g SAT); 2.3g PRO; 36g CARB; 1g FIBER; 251mg SODIUM; 1.7mg CHOL



Add these ingredients to your shopping list with just a tap on your phone. Page 4 shows how easy it is.

SUBMITTED BY
Tosha Fields

PREP 30 min

COOK 15 min

READY IN 1 hr, 15 min
(includes cooling)

MAKES 2 dozen

RATING



92 reviews



You Said

“These were perfect for the Halloween bake sale at my son's middle school. I used a butter knife to make slits in the cupcakes so I wouldn't smooch them when I pressed in the wings. —IRENE56

I baked the cupcakes one night, then my son's third-grade Scout troop assembled their 'bats' at our meeting the next day. If 8-year-olds can do it, anyone can. —KRISTILW

The only difficulty was cutting the cookies without breaking them, but I used a sharp serrated knife and applied gentle pressure, which worked well. Definitely would bake these again! —JULIE SHORT

I tinted vanilla frosting yellow to look like the moon for these bats. I used a red velvet cake mix, which was really cool for the Halloween bat effect! —PIXIESMAMA



PUMPKIN PATCH “DIRT” CAKE

armagazine.com/pumpkin-patch-dirt-cake

From our kitchen: We loved Strange-1's “pumpkin patch” decorating idea! Her original recipe started with a pudding-based dirt dessert; we adapted it to use just ice cream and crushed cookies, keeping it super simple.

- 1 (19.1-oz) package cream-filled chocolate sandwich cookies
- 2 (1½-quart) round cartons chocolate ice cream
- ½ cup store-bought vanilla frosting
- Green food coloring

30 pumpkin candies (such as Brach's Mellowcreme Pumpkins)

- 1 Crush cookies in 2 batches in a food processor (you'll need a total of about 4½ cups crumbs).
- 2 Spread 1½ cups crumbs over bottom of a 9x13-inch baking pan.
- 3 Cut away cardboard packaging from 1 carton of ice cream with scissors. Slice ice cream crosswise into 1-inch-thick rounds with a long knife. Arrange slices over crumbs, cutting smaller pieces to fill gaps. Cover ice cream with another 1½ cups crumbs. Repeat with second container of ice cream and top with remaining crumbs. Freeze until firm, at least 1 hour.

- 4 Tint frosting bright green with food coloring, then transfer to a pastry bag fitted with a plain tip (⅛ inch). Arrange pumpkins on top of cake, and pipe vines connecting pumpkins. For leaves, use a leaf-decorating tip, such as Wilton #352. Freeze until ready to serve.

[From our kitchen: Cake can be made 2 days ahead and kept frozen.]

PER 4.4-OUNCE SERVING 602 CAL; 25.6g FAT (12g SAT); 6.3g PRO; 93g CARB; 2.9g FIBER; 366mg SODIUM; 45mg CHOL



Add this recipe to **your shopping list** or save it in your online recipe box. Page 4 shows how easy it is.

SUBMITTED BY
Strange-1

PREP 30 min

READY IN 1 hr, 30 min
(includes freezing)

SERVES 12

Brand-new recipe!
Go online to rate and review it.





SPOOKY WITCHES' FINGERS

armagazine.com/spooky-witches-fingers

"I took our family's traditional Christmas-cookie recipe and changed the shape to make them look like fingers." —SANDRA

- 2 sticks butter, softened
- 1 cup powdered sugar
- 1 egg
- 1 teaspoon almond extract
- 1 teaspoon vanilla extract
- 2²/₃ cups flour
- 1 teaspoon baking powder
- 1 teaspoon salt
- 3/4 cup whole almonds
- Red decorating gel

❶ Beat butter, powdered sugar, egg, and extracts in a bowl with an electric mixer until

light and fluffy. Whisk together flour, baking powder, and salt in a separate bowl. Gradually add flour mixture to butter mixture, beating until each addition is combined. Wrap dough in plastic wrap and chill at least 1 hour or overnight. **[From our kitchen:** *Dough is easiest to work with when chilled overnight. You can freeze dough at this stage up to 1 month.*]

❷ Preheat oven to 325°F. Lightly grease 2 baking sheets.

❸ The dough gets soft quickly, so work with small amounts, keeping remainder chilled. To make a finger: Scoop 1 heaping teaspoon onto a piece of wax paper, and use paper to roll dough into a thin, finger-shaped cookie. Press an almond into one end of cookie to make a long fingernail. Squeeze sides of cookie below almond and again at center of

finger to create knuckles. You can also make shallow crosswise cuts in dough with a sharp knife at knuckles to create wrinkles. Transfer cookies to baking sheets.

❹ Bake in upper and lower thirds of oven until cookies are slightly golden, 20 to 25 minutes.

❺ Remove almond from end of each cookie; squeeze a small amount of red decorating gel into cavity. Replace almond so that gel will ooze out around tip of cookie.

[From our kitchen: *Cookies can be kept in an airtight container at room temperature for up to 1 week. Don't freeze decorated cookies, as the gel will weep.*]

PER 1-COOKIE SERVING 54 CAL; 3.2g FAT (1.6g SAT); 0.9g PRO; 5.5g CARB; 0.3g FIBER; 56mg SODIUM; 8.9mg CHOL



Blip to see this recipe in motion, or visit armagazine.com/spooky-witches-fingers-video

You Said

“If you don't have red gel, use just a touch of raspberry jam. And do make sure you let the dough chill, otherwise they become very fat fingers!” —PUNGA

They made quite a splash! Guests were totally grossed out—my daughter could only eat them upside-down so she didn't have to see the 'blood.' —BARICAT

We added green food coloring to the dough, and when I took them out of the oven I added a single chocolate chip for a wart. —LAURA M

SUBMITTED BY
Sandra

PREP 1 hr, 15 min

COOK 20 min


READY IN 3 hr (includes
cooling and chilling)

MAKES 76 cookies

RATING

★★★★★

658 reviews



MERINGUE BONES AND GHOSTS

armagazine.com/meringue-bones-and-ghosts

"No one is actually scared of Halloween treats, but I know for a fact that lots of people are terrified to work with meringue. These bones and ghosts will help chase those demons away."

—CHEF JOHN

2 large egg whites, room temperature
¼ teaspoon fresh lemon juice [Note from Chef John: You can substitute

⅛ teaspoon cream of tartar for this.]
½ cup sugar, or more to taste
2 chocolate chips, melted

- 1 Preheat oven to 225°F. Line 2 baking sheets with parchment or silicone baking mats.
- 2 Beat egg whites and lemon juice together in a bowl with an electric mixer on medium speed until mixture is thick, white, and foamy. Add sugar, a spoonful at a time, beating constantly, until stiff but still glossy peaks form, about 5 minutes.
- 3 Transfer meringue to a pastry bag fitted with a ¼-inch plain tip (Wilton #10) for bones

SUBMITTED BY
Chef John

PREP 20 min


COOK 1 to 1½ hr

READY IN 3 hr, 20 min
(includes drying)

MAKES

12 ghosts and 12 bones

Brand-new recipe!
Go online to rate
and review it.



and 1/3-inch plain tip (Wilton #12) for ghosts. Pipe 12 “bones,” about 3 inches long, onto a prepared baking sheet. Pipe 12 “ghost” puffs, about 2 inches tall and 1 1/2 inches in diameter, onto other baking sheet.

4 Bake in upper and lower thirds of oven until firm and dried, about 1 hour for bones, 1 1/2 hours for ghosts. Turn oven off, and let cool in oven (with door closed) until meringues are completely dried, about 1 to 1 1/2 hours more. *[From our kitchen: Try to make these on a dry day, as a damp one may keep the meringues from drying properly.]*

5 Dip a toothpick into melted chocolate and dot chocolate “eyes” on each ghost.

[From our kitchen: Meringues can keep 1 week in an airtight container at room temperature.]

PER 4-MERINGUE SERVING 72 CAL; 0.1g FAT (0.1g SAT); 1.2g PRO; 17.1g CARB; 0g FIBER; 18.5mg SODIUM; 0mg CHOL



See how easy this is to make. Blipp with your phone (details on page 4) or go to armagazine.com/meringue-bones-and-ghosts-video





SUBMITTED BY
What's for dinner,
mom?

PREP 15 min
READY IN 45 min
MAKES 24 cookies

RATING
★★★★★
38 reviews

ACORN CANDY COOKIES

★ armagazine.com/acorn-candy-cookies

"These are cute little treats on their own or a fun decoration for cupcakes. You can also pipe colored frosting leaves on the top of the wafer cookie."
—WHAT'S FOR DINNER, MOM?

- ½ tablespoon store-bought chocolate frosting
- 24 milk chocolate kisses, unwrapped
- 24 mini vanilla wafers
- 24 butterscotch chips

Smear a dab of frosting onto bottom of a chocolate kiss, then press onto flat bottom of a vanilla wafer. Smear a tiny bit more frosting onto bottom of a butterscotch chip, and press onto rounded top of cookie. Repeat with remaining frosting, kisses, cookies, and chips. Let cookies stand 30 minutes for frosting to set.

[From our kitchen: Cookies can be made 3 days ahead and kept in an airtight container at a cool room temperature.]

PER 1-COOKIE SERVING 41 CAL; 2.3g FAT (1.4g SAT); 0.4g PRO; 5.4g CARB; 0.2g FIBER; 13mg SODIUM; 1.3mg CHOL

You Said

“Grandkids, ages 3 and 7, loved making these. I let them each have their own zip-top plastic bag of icing with a tiny hole cut in the bottom edge for piping the frosting.” —PAULA

I was looking for festive things to make for goodie bags for my fall wedding, and these were wonderful. My centerpieces had acorns in them and this was just another inexpensive thing that looked and tasted great! —MRSRANKINS

My 5-year-old daughter practically did the whole batch herself. My 2-year-old son tried, but he was only interested in eating them. Thanks for sharing. —CR\$TARKS

HOOT OWL COOKIES

 armagazine.com/hoot-owl-cookies

"I've had this recipe for 'owl-face' cookies since seventh grade. They come out tasty and cute!" —LISA

- 3/4 cup butter, softened
- 1 cup sugar
- 1 egg
- 1 teaspoon vanilla extract
- 2 1/4 cups flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 3 tablespoons unsweetened cocoa powder

- 1/2 cup semisweet chocolate chips
- 1/2 cup whole cashews

- 1 Beat together butter and sugar in a bowl with an electric mixer on medium speed until light and fluffy. Beat in egg and vanilla. Whisk together flour, baking powder, and salt in a separate bowl. Add flour mixture to butter mixture and beat until blended.
- 2 Put two-thirds of dough onto a wax paper-lined surface, and divide in half. With dampened hands, pat out dough to form two 4x10-inch rectangles.
- 3 Add cocoa to remaining third of dough, mixing until well blended. Divide chocolate dough in half and roll each into a 10-inch log on a sheet of wax paper. Set each chocolate log lengthwise on a plain-dough rectangle, then roll up plain dough around chocolate log,

using wax paper as an aid. Wrap logs in plastic wrap and chill at least 2 hours or overnight. *[From our kitchen: At this point, dough logs can be frozen up to 1 month.]*

4 Preheat oven to 350°F and grease 2 cookie sheets.

5 Cut logs crosswise into 1/8-inch-thick slices with a sharp knife. Put 2 slices side by side on cookie sheet to resemble an owl's face. Pinch upper "corners" of slices to resemble ears. Put a chocolate chip in each dark circle for eyes and a cashew in center for beak.

6 Bake in upper and lower thirds of oven until lightly browned, 8 to 12 minutes.

[From our kitchen: Cookies keep up to 1 week in an airtight container at room temperature.]

PER 1-COOKIE SERVING 110 CAL; 5.7g FAT (3.1g SAT); 1.5g PRO; 14g CARB; 0.6g FIBER; 86mg SODIUM; 15mg CHOL

SUBMITTED BY
Lisa

PREP 45 min

COOK 12 min

READY IN 3 hr, 15 min
(includes cooling
and chilling)

MAKES 36 cookies

RATING

★★★★★

20 reviews

You Said

“These cookies are owl-licious! I can't imagine whoooo wouldn't want one. Owl be making these again soon. —OWLIVIA

Subbed some of the butter with peanut butter. Sooo good! —YOMAMA2005

I wanted to make some of these nut-free, so for beaks I pressed a candy corn into the cookies just as they came out of the oven. For others, I pressed black M&M's over the chocolate eyes while they were still warm. —ONIOND

How 'Bout Them **APPLES?**





When most people think apples, they think desserts. But apples actually make excellent savory dishes, too. While you can get apples at the grocery store all 12 months, those year-round apples are just not the same as the apples of autumn. Fall is really “crunch” time (pun completely intended!), with lots of varieties you don’t normally get to try. And we’ve got the recipes to make the most of them.

SUBMITTED BY
Behr

PREP 10 min

COOK 15 min

READY IN 25 min

SERVES 4

RATING



477 reviews



APPLE-STUFFED CHICKEN BREAST

armagazine.com/apple-stuffed-chicken-breast

"This is a great dish for the fall. Golden Delicious, Granny Smith, Newtown Pippin, Rome Beauty, and/or Winesap apples may be used." —BEHR

- 4 (6-ounce) chicken cutlets, about 1/4 inch thick
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 cup apple, peeled, cored, and coarsely chopped (about 1 small)
- [From our kitchen: Our favorites for this are Empire, Golden Delicious, and Jonagold.]
- 3 tablespoons shredded cheddar cheese
- 1 tablespoon Italian-style dried bread crumbs
- 1 tablespoon butter
- 1/2 cup dry white wine
- 1/2 cup plus 2 tablespoons water
- 1 tablespoon cornstarch
- 1 tablespoon chopped fresh parsley, for garnish

- 1 Sprinkle cutlets with salt and pepper. Mix together apple, cheese, and bread crumbs in a small bowl.
- 2 Divide apple mixture among chicken breasts, and roll up breasts around apple filling, jelly roll-style, starting at short end. Secure with toothpicks. [From our kitchen: The cutlets can be stuffed and rolled early in the day, then covered and chilled.]
- 3 Melt butter in a skillet over medium heat. Cook chicken, turning once, until browned on both sides, 5 to 6 minutes total. Add wine and

1/2 cup water and simmer, covered, until chicken is cooked through, 8 to 10 minutes. Transfer chicken to a serving platter.

4 Stir together cornstarch and remaining 2 tablespoons water in a small bowl, then stir into skillet. Simmer, stirring constantly, until lightly thickened, about 1 minute. Pour sauce over chicken and garnish with parsley.

PER SERVING (1 CHICKEN CUTLET AND 5 TABLESPOONS SAUCE) 304 CAL; 9g FAT (3.8g SAT); 40g PRO; 8.4g CARB; 0.9g FIBER; 442mg SODIUM; 137mg CHOL

“you said

I am now THE MAN. I'm a bachelor, and my girlfriend loved it. It was quick and easy. Next time, I'll use more cheese, bigger chicken breasts, and chicken broth instead of water. I presented it on a bed of rice with steamed broccoli around the plate. —JSHARPE

It came out very tender and looked more difficult than it was. The only tricky part was the stuffing of the chicken. We found that pinning each piece with the same number of toothpicks ensures you know how many to take out before serving. —T

Make sure to brown your chicken really well and choose a tart apple like Granny Smith that will hold its shape. —SWEETNOTHINGS

I added cinnamon to the apple mixture—nice touch. Everything else was perfect. I strongly recommend it! —MIKECIAN

HOW 'BOUT THESE APPLES?

There are more than 7,000 apple varieties worldwide, so it can be tough to tell which is best for what. We break it down with deets on widely available apples that are perfect for these recipes.



Cortlands are juicy and slightly tart, with bright red skin and snowy white flesh. They're good for baking pies, cobblers, and crisps.



Crispins (aka Mutsus) are large, very juicy, yellow-green, and super crisp. They're ideal for salads, freezing, sauce, and baking.



Empires are firm and slightly tart—all-purpose apples that are good for sauce, pies, baking, salads, fresh eating, and freezing.



Golden Delicious apples are sweet, rich, and mellow. They're one of the best cooking apples because they hold their shape in baking.



Granny Smiths are crisp, tart, and sour. They're good all-purpose cooking apples because they won't turn mushy.



Honeycrisps are juicy and crisp, with a honey-sweet and tart flavor. They're good to eat out of hand as well as for baking and applesauce.



Jonagolds, a hybrid of Golden Delicious and Jonathan, have a blush stripe. They're tangy-sweet, good for cooking or eating fresh.



Winesaps are very firm, sweet, and aromatic, with a spicy bite. They're good for making applesauce and for baking.



SUBMITTED BY
Mamaluvs2cook
PREP 20 min
COOK 1 hr, 10 min
READY IN 1 hr, 50 min
SERVES 8
RATING
★★★★★
74 reviews

TANGY APPLE-CHICKEN LOAF

armagazine.com/tangy-apple-chicken-loaf

"A twist on traditional meatloaf, this dish is sweet and savory with an apple glaze." —MAMALUVS2COOK

- 1/2 stick butter
- 2 stalks celery, finely chopped (1 cup)
- 1 medium onion, finely chopped (1 cup)
- 1 carrot, grated (1 1/4 cups)
- 1 teaspoon salt
- 1 large apple, peeled, cored, and finely chopped (1 1/2 cups) [From our kitchen: Apples ideal for this include Golden Delicious, Honeycrisp, and Cortland.]
- 1 3/4 pounds ground chicken
- 1 egg
- 2/3 cup unsweetened applesauce
- 2 tablespoons milk
- 1/2 cup plain dried bread crumbs
- 2 teaspoons poultry seasoning
- 1/4 teaspoon black pepper
- 1 tablespoon Dijon mustard
- 2 teaspoons honey

1 Preheat oven to 400°F. Spray a 9x13-inch baking dish with cooking spray.

2 Melt butter in a large skillet over medium heat, then cook celery, onion, carrot, and 1/2 teaspoon salt, stirring occasionally, until vegetables are tender and starting to brown, about 12 minutes. Add apple and cook 2 minutes more to soften. Remove from heat and cool to room temperature, about 10 minutes.

3 Mix together ground chicken, egg, 1/3 cup applesauce, milk, bread crumbs, poultry seasoning, pepper, and remaining 1/2 teaspoon salt in a large bowl. Add onion mixture and stir gently until just combined. Transfer to prepared baking dish and shape into a 9x5 1/2x1 1/2-inch loaf.

4 Stir together mustard, honey, and remaining 1/3 cup applesauce and spread over top and sides of loaf.

5 Bake 30 minutes. Reduce oven temperature to 375°F and cook until an instant-read thermometer inserted into center of loaf registers 165°F, about 25 minutes longer. Let stand 10 minutes before serving.

PER 1-INCH-SLICE SERVING 227 CAL; 15g FAT (6.2g SAT); 19.7g PRO; 16.4g CARB; 2.2g FIBER; 495mg SODIUM; 120mg CHOL

“you said

I used ground turkey instead of chicken since that's what the store had. It came out nice, tasty, and tender. I will definitely put this into the rotation at our house. —KATHLEEN

I was more than skeptical of a chicken loaf because I really enjoy your more traditional meatloaf. But in an effort for my rear not to look like I really enjoy traditional meatloaf, I tried this recipe. I have to say I loved it! My husband did as well. —RN4FLIGHT

Very different and healthy dish. It was a little time-consuming to put together, but for so many fruit and veggie servings in one dish, it was worth it! I used finely chopped Gala apples instead of the applesauce, and used two carrots and panko bread crumbs. I didn't have poultry seasoning or sage, so I used thyme and cinnamon. —JCOOK45

CRANBERRY-APPLE-PECAN QUINOA SALAD

 armagazine.com/cranberry-quinoa-salad

"A beautiful and light take on a fall salad that can be served hot or cold. I like to pair it with Dijon-crusted salmon." —JRSOLGER

1½ cups low-sodium chicken broth

[From our kitchen: You can substitute vegetable broth to make this dish vegetarian.]

1 cup uncooked quinoa (6 ounces)

1 large apple, unpeeled, cored, and coarsely chopped (2 cups) *[From our kitchen: Apples ideal for this include McIntosh, Granny Smith, Winesap, Cortland, and Empire.]*

3 tablespoons olive oil

1½ tablespoons Dijon mustard

1 teaspoon pure maple syrup, or more to taste

¾ teaspoon salt

½ teaspoon black pepper

¼ teaspoon cinnamon

1 cup chopped pecans (¾ ounces)

½ cup dried cranberries

½ cup grated parmesan cheese (optional)

1 Bring broth and quinoa to a boil in a saucepan over medium heat, then reduce heat to low and simmer, covered, 13 minutes. Add apple and simmer, covered, until broth is absorbed and quinoa is tender, about 2 minutes more.

2 Whisk together oil, mustard, syrup, salt, pepper, and cinnamon in a large bowl. Add quinoa mixture, pecans, cranberries, and cheese (if using) and fluff with a fork to combine.

Note from Jrsolger: If you would like to serve the salad cold, cook the quinoa without the apple and let it cool. Mix together the quinoa, apple, dressing, pecans, and cranberries in a bowl and refrigerate at least 30 minutes.

PER GENEROUS ¾-CUP SERVING 376 CAL; 23.6g FAT (3.3g SAT); 8.3g PRO; 36g CARB; 5.4g FIBER; 480mg SODIUM; 5.7mg CHOL

“you said

I made it with a firm pear instead of an apple and left out the parmesan. This was delicious. —ALISON LOUISE

I made it for a dinner at a friend's house, and it got rave reviews. I thought it tasted even better the second day! —MICHELLE LINNEMAN ROUGEUX

SUBMITTED BY
Jrsolger

PREP 10 min

COOK 20 min

READY IN 30 min

SERVES 6

RATING

★★★★★

5 reviews



SUBMITTED BY
Momo0382
PREP 10 min
COOK 6 min
READY IN 16 min
SERVES 8
RATING
★★★★★
28 reviews





APPLE-GOUDA QUESADILLAS

 armagazine.com/apple-gouda-quesadillas

“Wonderful change to a plain old quesadilla. Sweet, salty, and grilled! Use any kind of firm red apple. Additional options: Add barbecued chicken or chopped jalapeño peppers. Serve warm with sour cream, salsa, guacamole, or all three.” —MOM00382

- 2 tablespoons olive oil
- 8 (8-inch) flour tortillas
- 2 tablespoons Dijon mustard
- 2 green onions, thinly sliced (1/3 cup)
- 1 large red apple, cored, quartered, and thinly sliced crosswise (2 cups)
- [From our kitchen: Apples ideal for this include McIntosh, Cortland, and Honeycrisp.]
- 4 cups shredded Gouda cheese (16 ounces) [From our kitchen: It's fine to substitute cheddar or Gruyère.]

- 1 Preheat an outdoor grill to high heat (450°F to 650°F) and lightly oil grate. Or, to cook on stovetop, brush a skillet with oil and heat over medium heat.
- 2 Lightly brush some oil on 1 side of 4 tortillas and arrange, oiled sides down, on a work surface. Spread 1/2 tablespoon mustard on each tortilla and scatter one-fourth green onions, one-fourth apple, and 1 cup cheese on each. Top with remaining tortillas and brush with oil.
- 3 Put quesadillas on grill or in heated skillet. Cook until undersides are crisp, about 3 minutes. Carefully flip with a wide metal spatula and cook until other side is crisp, 2 to 3 minutes more.

PER 1/2-QUESADILLA SERVING 395 CAL; 22g FAT (11g SAT); 19g PRO; 31g CARB; 0.8g FIBER; 972mg SODIUM; 65mg CHOL


“you said

I make these with Brie cheese, which complements the apples perfectly. I often add some smoked turkey as well. It's a quick lunch or light dinner. —JESSICA53214

Be sure to use plenty of oil on the outside of the tortillas so they don't stick to the grill. —PAUL&ORRIE

Delicious—gourmet taste without much work. I added fresh white corn and we loved it, though it didn't hold together that well (maybe more cheese?). We'll be adding bacon or flavored sausage next time, with smoked Gouda for a twist. —MSMELLIE

GOAT CHEESE-APPLE-WALNUT PASTA

 armagazine.com/goat-cheese-apple-walnut-pasta

"A stellar side for some roast pork."

—CHEF JOHN

- 1/2 cup chopped walnuts
- 2 cups ditalini pasta or small elbow macaroni (11 ounces)
- 2 tablespoons butter
- 1 large apple, peeled, cored, and diced (about 2 cups) *[From our kitchen: Apples ideal for this include Golden Delicious, Crispin, Winesap, Empire, and Jonagold.]*
- 1 1/2 cups low-sodium chicken broth
- 2 teaspoons finely chopped fresh thyme or 1 teaspoon dried
- 3/4 teaspoon salt
- 1/2 teaspoon black pepper
- 1/8 teaspoon cayenne pepper
- 4 ounces soft goat cheese *[From our kitchen: Substitute cream cheese if you'd prefer.]*

- 1 Toast walnuts in a small, dry skillet over medium-low heat, tossing frequently, until crisp and fragrant, about 5 minutes.
- 2 Bring a large pot of lightly salted water to a boil. Add pasta and cook, stirring occasionally, until al dente, about 10 minutes. Drain and transfer to a large bowl.
- 3 Melt butter in a skillet over medium heat. Add apple and cook, stirring occasionally, until starting to brown around edges, about 3 minutes. Increase heat to medium-high, then add broth, thyme, salt, pepper, and cayenne, and simmer 2 minutes.
- 4 Reduce heat to low and add cheese 2 tablespoons at a time, stirring well after each addition, until melted. Pour cheese sauce over pasta, add walnuts, and toss well to combine.

PER 1 1/4-CUP SERVING 453 CAL; 22.2g FAT (8.8g SAT); 15.8g PRO; 44g CARB; 2.9g FIBER; 643mg SODIUM; 28.3mg CHOL



Blipp to see this recipe in motion (details on page 4), or go to armagazine.com/goat-cheese-apple-walnut-pasta-video

“you said

I omitted the cayenne pepper because I'm not a fan of spice, and added an extra apple because of other reviewers' comments. I think that made it even better. —KATIE C

I increased the goat cheese a little and added some red bell pepper and onion with the apples, just because I needed to use them up. —ROSE47

We used a Granny Smith apple and subbed in vegetable broth. Next time I think I will use more goat cheese to make the pasta even creamier :) —ABEWHITE

This is an excellent autumn side and may even make an appearance at Thanksgiving this year! —JRBAKER

“you said

I cooked my tenderloin in a slow cooker and the apples separately in a pan. I used Fuji apples. This was awesome! —LIZLOVESCAKE

I used pork chops because they were on sale that week. Use whatever white wine you have around. I didn't have Riesling, but it still turned out great. —S*T*L*Y

I recommend doubling the sauce because you'll want to slather your chops with it, or maybe keep some to top vanilla ice cream. —RMSR

I used Moscato instead of Riesling and agave syrup instead of brown sugar. I also added a pinch of cloves to the apples. —KASEASMOM

PORK TENDERLOIN WITH APPLES

 armagazine.com/pork-tenderloin-with-apples

"This would also work well with boneless chicken breasts or pork chops." —KRISTY AINSLIE

- 1 tablespoon olive oil
- 1 (1 1/4-pound) pork tenderloin, halved crosswise
- 3/4 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 cup Riesling or other semidry white wine
- 1 large apple, peeled, cored, and chopped (2 cups) *[From our kitchen: Apples ideal for this include Granny Smith, Cortland, Winesap, and Empire.]*
- 3/4 cup low-sodium chicken broth
- 1 tablespoon cider vinegar *[From our kitchen: You can substitute lemon juice if desired.]*
- 1/4 teaspoon cinnamon
- 1/8 teaspoon nutmeg
- 1 1/2 teaspoons packed brown sugar
- 1 teaspoon cornstarch
- 1 tablespoon cold water

- 1 Preheat oven to 375°F.
- 2 Heat oil in a large, ovenproof skillet over medium-high heat. Sprinkle pork with 1/2 teaspoon salt and 1/4 teaspoon pepper. Cook pork, turning, until well browned on all sides, about 8 minutes. Transfer skillet to oven and roast pork until an instant-read thermometer registers 145°F, about 8 to 10 minutes. Transfer pork to a plate, tent with foil, and let stand 10 minutes. Drain fat from skillet.
- 3 Simmer wine in skillet over medium heat, stirring and scraping up any browned bits from bottom with a wooden spoon, 2 minutes. Add apple, broth, vinegar, cinnamon, nutmeg, sugar, and remaining 1/4 teaspoon each salt and pepper, and simmer until apple is tender, 8 to 10 minutes.
- 4 Pour any pork juices accumulated on plate into skillet. Stir together cornstarch and water in a small bowl and add to skillet. Cook, stirring constantly, until sauce is slightly thickened, about 1 minute. Slice pork into 1/4-inch-thick slices, arrange on a platter, and spoon on sauce.

PER SERVING (8 SLICES PORK AND SCANT 1/2 CUP SAUCE) 219 CAL; 5.4g FAT (5.1g SAT); 29.4g PRO; 3.4g CARB; 0.2g FIBER; 539mg SODIUM; 88mg CHOL



SUBMITTED BY
Chef John
PREP 10 min
COOK 15 min
READY IN 25 min
SERVES 4
RATING
★★★★★
14 reviews

SUBMITTED BY
Kristy Ainslie
PREP 10 min
COOK 30 min
READY IN 40 min
SERVES 4
RATING
★★★★★
75 reviews



ITALIAN ACCENT

Columbus Day is approaching, and in honor of that famous Italian explorer who stirred the global melting pot more than five centuries ago, we present you seven Italian and Italian-American dishes that are worth crossing an ocean for. We're serving them up with insights from our resident Italian, Alessandra Marseglia, online editorial producer at Allrecipes Italia.

Alessandra grew up in Puglia (the heel in the south of boot-shaped Italy) and lived in Milan (in northern Italy) for 12 years before moving to the States and helping launch Allrecipes Italia in 2012. The way she sees it, there are many types of truly "authentic" Italian food—because cuisine is always changing, and authenticity traces back not only to a place on a map but also to a place in time.

Take garlic, for example. It was beloved a century ago in Italy for its flavor and healthful properties, was enjoyed by many Italians who came to America in the early 1900s, and is used with abandon in many Italian-American dishes. "But in Italy today, if you go to a restaurant and you notice pieces of garlic in your dish," Alessandra says, "you could send it back. It's considered bad taste." Italians may use whole or sliced garlic cloves to flavor a dish, she says, but they almost always remove them before serving.

In Italy, as in America, there are regional preferences, too: richer and heartier foods in the north, lighter fare in the south, more expensive ingredients in wealthy urban centers, more seafood and exotic spices near the coasts, and rustic vegetable-forward cooking in the countryside—all evolving over time.

"So the recipes you see here, some of them are very close to the Italian tradition, and some are more like Italian-American cuisine," Alessandra says. "But, really, they are super respectful to both."



BRACIOLE (FLANK STEAK ROLLS)

 armagazine.com/bracirole

Alessandra says: “Bracirole (BRAH-chi-OH-lay) is an old southern Italian way to refer to what are more widely known as involtini, rolled meats. If you go to northern Italy and ask for bracirole, they’d give you pork chops. In the south, they’d now call them involtini and probably give you super-thin veal that’s stuffed, rolled, and braised in a sauce. That would be a typical dish for a Sunday lunch. You would start with a pasta served with the sauce that comes from the bracirole and then eat the bracirole themselves as a second course. The recipe here is pretty authentic. The filling can be anything, but traditionally it’s simple ingredients like parsley, parmesan, and onions.”

- 1 (2-pound) flank steak
- 1½ teaspoons salt
- 1 teaspoon black pepper
- 1 cup chopped fresh parsley
- ½ cup grated parmesan cheese
- 1 hard-boiled egg, coarsely chopped
- 4 cloves garlic, minced
- ¼ cup olive oil
- 1 cup finely chopped onion
- 1 (8-ounce) can no-salt-added tomato sauce
- 1 cup chopped fresh tomato
- ½ teaspoon sugar

1 Freeze meat 20 minutes to make cutting it easier. Preheat oven to 350°F. **[From our kitchen:** Though you can prepare this dish entirely on the stovetop, as in the original, we

finished it in the oven for a little less fuss.]

2 With one hand on top of meat, starting from a long side, slice meat nearly in half horizontally, cutting to within ½ inch of opposite edge. Open meat like a book and flatten to form a roughly 10x17-inch rectangle.

[From our kitchen: This is known as butterflying. You can ask your butcher to do it for you, but don’t skip this step. Pounding flank steak thin enough without butterflying it first is nearly impossible.] Lay meat between 2 sheets of wax paper and pound to ¼-inch thickness with flat side of a meat mallet or bottom of a small, heavy skillet. Remove paper. Sprinkle steak all over with 1 teaspoon salt and ½ teaspoon pepper.

3 Stir together parsley, parmesan, egg, garlic, and 2 tablespoons oil in a small bowl. Spread over meat in a thin layer, leaving a 1-inch border uncoated. Starting with a long side, roll meat up jelly roll-style. Slice roll in half crosswise; secure each half with toothpicks or kitchen string to keep from unrolling.

4 Heat 1 tablespoon of remaining oil in a large, deep, ovenproof skillet (with lid) over medium heat. Cook meat rolls, turning, until brown all over, about 8 minutes. Transfer to a plate. Add remaining tablespoon oil to skillet and cook onion, stirring occasionally, until tender, about 10 minutes. Add tomato sauce, tomato, sugar, and remaining ½ teaspoon each salt and pepper. Return meat rolls and any accumulated juices to skillet and bring to a boil. Cover and transfer to oven.

5 Bake, turning over meat halfway through, until tender, about 1½ hours. Let stand in sauce 10 minutes before slicing.

PER SERVING (4.5 OUNCES MEAT AND ½ CUP SAUCE)

405 CAL; 23.8g FAT (7.6g SAT); 37g PRO; 9g CARB; 2.2g FIBER; 827mg SODIUM; 107mg CHOL

SUBMITTED BY

Jend818

PREP 20 min

COOK 1 hr, 50 min

READY IN 2 hr, 40 min
(includes freezing and standing)

SERVES 6

RATING

★★★★★

6 reviews

YOU SAID

I made this recipe with the following increases: 2½ pounds flank steak, about 1½ hard-boiled eggs, and 2 chopped tomatoes. It was outstanding! I served this to my husband, two 30-year-old men, and myself, and there

were only two tiny pieces left. It was just too good! —MARY


I put the steak rolls together the night before and keep them in the fridge. The next day, I brown them with the olive oil and onions, and put the browned rolls,

onions, and other sauce ingredients in a slow cooker and cook on Low for 4 to 5 hours. It melts in your mouth. —SYDNEY

Instead of tomato sauce, I used jarred spaghetti sauce. I served it with linguine. —ROBIN WELLS



ARTICHOKE-SPINACH LASAGNA

 armagazine.com/artichoke-spinach-lasagna

Alessandra says: "Lasagna is a very, very old kind of pasta. Originally, the term just meant something thin and flat. Nowadays, of course, it's both a pasta and a dish. This particular lasagna recipe reflects a more American interpretation of lasagna. We do use frozen spinach, but Italians would never use marinated artichokes in lasagna—we would use fresh, which are super cheap in Italy, and sauté them first. And we would likely make it a white lasagna with a béchamel. (Yes, that sauce is French, but Italians call it besciamella and use it in a lot of ways.) And because we have so many native Italian cheeses, we would probably use something like grana padano on top instead of feta."

- 8 ounces dried lasagna noodles (nine 10-inch noodles)
- 2 cups chopped onion
- 4 cloves garlic, minced
- 1 cup low-sodium vegetable broth
- 1 tablespoon chopped fresh rosemary
- 1 (12- to 14-ounce) jar marinated artichoke hearts, drained and chopped *[From our kitchen: Canned water-packed artichoke hearts would work here, too.]*
- 1 (10-ounce) package frozen chopped spinach, thawed, drained, and squeezed dry
- 1 (24- to 28-ounce) jar marinara

YOU SAID

Wow! DMcCracken, please tell me you have more than just this one recipe to share with us. This was amazing. I used only about 1/2 cup broth, and

I added 1/4 cup whipping cream to the sauce to give it a pink look. Truly a gourmet dish. —JOSIE

We added shredded chicken, and it was

heavenly. I never eat my own leftovers, and this one I couldn't wait for. Make sure you have a deep dish, though, as it does expand in the oven. —CLH516

sauce *[From our kitchen: For a spicier lasagna, choose an arrabbiata sauce. For a white lasagna, use your favorite Alfredo sauce.]*

3 cups shredded mozzarella cheese

[From our kitchen: For the best melting, you'll want to use a whole-milk or part-skim mozzarella rather than light or low-fat.]

1 (4-ounce) package herb-and-garlic feta (or plain feta), crumbled

- 1 Preheat oven to 350°F. Spray a 9x13-inch baking dish with cooking spray.
- 2 Bring a large pot of lightly salted water to a boil. Add noodles and cook until al dente, 8 to 10 minutes or according to package directions. Drain well. *[From our kitchen: Separate noodles and spread them out on a baking sheet or drape them over your pot or colander so they don't stick to each other as they cool.]*
- 3 Meanwhile, spray a large skillet with cooking spray and heat over medium-high heat. Add onion and garlic and sauté until tender, 7 to 10 minutes. Stir in broth and rosemary and bring to a boil. Stir in artichokes and spinach, then reduce heat and simmer,

covered, 5 minutes. Stir in marinara sauce.

4 Spread a quarter of artichoke mixture (about 1 1/2 cups) in bottom of prepared baking dish, top with 3 cooked noodles, and sprinkle with 3/4 cup mozzarella. Repeat layers 2 more times, then top with remaining artichoke mixture and mozzarella. Sprinkle with feta.

5 Bake, covered with foil, 40 minutes. Uncover and bake until hot and bubbly, about 15 minutes more. Let stand 10 minutes before cutting.

[From our kitchen: This lasagna can be frozen, unbaked, up to 3 months. If you can't spare your 9x13 pan that long, line it with a double layer of greased foil, leaving a 2-inch overhang on all sides, before assembling and freezing the lasagna. When it's frozen, you can lift it out of the pan, wrap it again with foil or plastic, and return it to the freezer without the pan. When you're ready to bake it, just unwrap it, plunk it back in the pan, and bake as directed, adding about 30 minutes to the total bake time.]

PER (3 1/4x4 1/2-INCH) SERVING 347 CAL; 12.4g FAT (6.1g SAT); 20g PRO; 40g CARB; 4.9g FIBER; 1,139mg SODIUM; 37mg CHOL

SUBMITTED BY
DMcCracken

PREP 20 min

COOK 1 hr, 10 min

READY IN 1 hr, 40 min

SERVES 8

RATING

★★★★★

1,075 reviews



SUBMITTED BY

Kimber

PREP 15 min

COOK 1 hr, 20 min

READY IN 1 hr, 35 min

SERVES 8


RATING

★★★★★

151 reviews



BOLOGNESE SAUCE

 armagazine.com/bolognese-sauce

Alessandra says: "It's called Bolognese because it's typical of Bologna, the big city in the north of Italy, the capital of Emilia-Romagna, the place where all the rich Italian cuisine—like lasagna and tortellini—is from. There is a patented regional recipe for Bolognese sauce, which interestingly enough calls for almost no tomatoes. It uses milk and a long cooking time to make the meat very tender. The recipe here, which uses more tomatoes and no milk, is a southern version of the Bolognese. Italians wouldn't include mushrooms (that would make it Bolognese ai funghi), we'd use pancetta instead of the bacon, and we'd cook it longer. But the idea is that it's a rich, meaty sauce."

- 2 tablespoons olive oil
- 4 slices bacon, coarsely chopped (4 ounces)

- 1½ cups finely chopped onion (1 large)
- 1 clove garlic, minced
- 1 pound lean ground beef
- 8 ounces ground pork
- 8 ounces fresh mushrooms, thinly sliced
- 2 cups shredded carrots (2 large)
- 1 stalk celery, chopped
- 1 (28-ounce) can no-salt-added Italian plum tomatoes
- 1 (6-ounce) can tomato paste *[From our kitchen: As some noted online, a can of tomato paste gets you more potent flavor and thickens more quickly than tomato sauce, and you can use the whole can. We've incorporated that change here.]*
- ½ cup dry white wine *[From our kitchen: If you happen to have some red wine open, feel free to use it instead of white.]*
- ½ cup low-sodium chicken broth
- 1½ teaspoons salt
- ½ teaspoon black pepper

- ½ teaspoon dried basil
- ½ teaspoon dried oregano
- 1 pound dried or fresh pasta *[From our kitchen: Long ribbon pastas like tagliatelle or fettuccine are nice here, but you could use spaghetti or another pasta, too.]*
- Grated parmesan cheese (optional)

- 1 Heat oil in a 5-quart heavy pot over medium heat. Cook bacon, stirring, until brown and crisp, about 5 minutes. Transfer to paper towels with a slotted spoon, reserving fat in pot. Add onion and garlic to fat in pot and cook, stirring frequently, until tender, about 10 minutes. Add beef and pork and cook, stirring occasionally, until browned, about 5 minutes. Drain off any excess fat.
- 2 Stir in bacon, mushrooms, carrots, celery, tomatoes, tomato paste, wine, broth, salt, pepper, basil, and oregano. Bring to a boil, breaking up tomatoes. Reduce heat and simmer, covered, stirring occasionally, 1 hour.
- 3 Meanwhile, bring a large pot of lightly salted water to a boil. Cook pasta, stirring occasionally, until al dente, 10 to 12 minutes or according to package directions. Drain.
- 4 Serve sauce over hot pasta. Sprinkle with cheese (if using).

PER SERVING (GENEROUS CUP EACH PASTA AND SAUCE) 485 CAL; 15.6g FAT (4.8g SAT); 27.7g PRO; 56g CARB; 5.9g FIBER; 754mg SODIUM; 56mg CHOL

YOU SAID

I made this as a sauce for lasagna. My Italian hubby always orders the Bolognese lasagna at our favorite fancy Italian restaurant, and now I can make it for him.

The longer it simmers, the better its flavor.
—LOVE2COOK32

The only thing I changed was using beef stock instead of chicken broth. Perfecto! —LAURIE SUTLIFF

I cooked the bacon first and cooked my onion, celery, and carrot in the bacon fat. —SINEA20

I used prosciutto instead of bacon. It's less grease!
—RUTH'S CRAVINGS



Not sure you're doing it right? Blipp (details on page 4) to see it done step by step—to a bouncy Italian-style soundtrack! Or visit armagazine.com/bolognese-sauce-video





SUBMITTED BY SandyG

PREP 15 min

COOK 15 min


READY IN 30 min

SERVES 8

Brand-new recipe!

Go online to rate and review it.

SANDY'S CHICKEN SALTIMBOCCA

 armagazine.com/sandys-chicken-saltimbocca

Alessandra says: "Saltimbocca—Italian for 'jump in your mouth'—is usually made with veal. It is an everyday kind of dish in Rome. I'm not exactly sure where the name comes from. I think it just means that it is so good, it is gone before you know it. It's like it jumped into your mouth! It employs many of the tricks of Italian cooking: It is super simple to prepare—a few good ingredients and only a few minutes to cook—but it has wonderful flavor."

8 (6-ounce) chicken cutlets

1 teaspoon salt

½ teaspoon black pepper

16 large or 40 small fresh sage leaves

16 thin slices prosciutto (6 ounces)

3 tablespoons olive oil

1 cup dry white wine

1 cup low-sodium chicken broth

½ stick cold butter, cut into bits

1 If cutlets are thick, lay them between 2 sheets of wax paper and pound to ½-inch thickness with flat side of a meat mallet or bottom of a small, heavy skillet. Sprinkle with salt and pepper. Put 2 large or 5 small sage leaves on top of each cutlet, then wrap 2 slices of prosciutto crosswise around each cutlet, holding sage in place.

2 Heat 1½ tablespoons oil in a large skillet over medium heat. Add 4 cutlets and cook until cooked through, 2 minutes per side. Transfer to a platter; tent with foil to keep warm. Repeat with remaining 1½ tablespoons oil and remaining 4 cutlets.

3 Add wine to skillet and simmer, scraping up any browned bits, 1 minute. Add broth and simmer until slightly reduced, 4 to 5 minutes. Remove from heat, add butter, and swirl skillet until butter has melted and sauce is creamy. Spoon 2 tablespoons sauce over each cutlet and serve.

PER SERVING 401 CAL; 19.5g FAT (6.8g SAT); 47g PRO; 1g CARB; 0g FIBER; 943mg SODIUM; 164mg CHOL

SWORDFISH ALLA SICILIANA

armagazine.com/swordfish-alla-siciliana

Alessandra says: "Swordfish is available across Italy, but it's a delicacy in Sicily, where you can fish for it and eat it fresh. Sicily was under Arab rule for more than two centuries, and though that ended nearly a thousand years ago, Sicilian cuisine retains some lingering Turkish influence, which you'll see reflected in the combination of briny, sour, and sunny ingredients (capers, olives, and tomatoes) with sweet and nutty ones (raisins and pine nuts). This recipe is very similar to something you would eat in Sicily today."

- 1/3 cup dark or golden raisins**
- 5 tablespoons olive oil**
- 1/2 cup finely chopped onion**
- 1 clove garlic, minced**
- 1 1/2 cups diced ripe tomatoes**
- 1/3 cup coarsely chopped green olives**
- 2 tablespoons pine nuts**
- 2 tablespoons small capers, rinsed**
- 6 (1-inch-thick) swordfish steaks with skin (2 pounds)** *[From our kitchen: Can't find swordfish? Just substitute another firm-fleshed fish, such as grouper, cod, or halibut.]*

SUBMITTED BY

Rockfishusa

PREP 10 min

COOK 40 min

READY IN 1 hr, 15 min
(includes soaking)

SERVES 6

RATING



116 reviews

YOU SAID

To die for! This is the best recipe I've gotten from the Internet and the best swordfish (or any fish) I've eaten! I followed the recipe exactly except for tripling the garlic. I can't

wait to make this for friends. —JBALSTER
I'm not a big fan of tomato-based sauces, but this was really good. Baking the sauce on top of the swordfish makes it extra tender. —SARAHJE

My daughter hates fish, and I got her to eat this! I used grape tomatoes, shallots, and golden raisins, but no pine nuts (because of allergies). I highly recommend! —STACEYANTONIO

- 1/2 teaspoon salt**
- 1/2 teaspoon black pepper**

- 1 Put raisins in a small bowl with lukewarm water to cover and soak 30 minutes. Drain. Meanwhile, preheat oven to 400°F. Lightly grease a 9x13-inch glass baking dish.
- 2 Heat oil in a large skillet over medium heat. Cook onion and garlic, stirring, until tender, about 5 minutes. Stir in soaked raisins, tomatoes, olives, pine nuts, and capers and bring to a simmer. Cook, covered, until slightly thickened, about 10 minutes. *[From our kitchen: The sauce can be made 1 day ahead and chilled, covered.]*
- 3 Sprinkle fish with salt and pepper and arrange in a single layer in prepared baking dish. Cover with sauce. Bake until a paring knife pierces fish without resistance and flesh is just cooked through, 20 to 25 minutes.

Remove skin if desired and spoon 1/3 cup sauce over each fish steak to serve.

[From our kitchen: Some online reviewers describe swordfish as tasting pretty fishy, while others say they love this dish precisely because the fish isn't fishy at all. What gives? Frozen fish that's thawed—and even very fresh fish that's been sitting in its own juices in the fridge—can develop a fishy aroma and flavor. Nifty trick: If your fish looks good (firm and moist-but-not-slimy flesh) but smells fishy, soak it 20 minutes in milk, then drain and pat dry with paper towels before cooking it. Proteins in milk bond with fishy-smelling compounds, so a dunk in milk often helps restore a sweet, clean aroma and flavor. If your fish still smells after its milk bath, it may be past its prime.]

PER SERVING 346 CAL; 19.7g FAT (3.3g SAT); 31g PRO; 10.5g CARB; 1.3g FIBER; 513mg SODIUM; 59mg CHOL





SUBMITTED BY

Mary P

PREP 30 min

COOK 1 hr, 10 min

READY IN 1 hr, 40 min

SERVES 8
(makes 10 cups)

RATING

★★★★★

1,346 reviews

ITALIAN SAUSAGE SOUP WITH TORTELLINI

 armagazine.com/sausage-soup-with-tortellini

Alessandra says: “Tortellini is what we call pasta delle feste—pasta for holidays. It’s a special pasta, not an everyday kind of pasta, because it’s relatively expensive to make, though some families do prepare it for Sunday lunch, the biggest and most important meal of the week. There are two typical ways to serve it: with a Bolognese sauce, or in a clear beef stock or meat broth, with nothing more. And we’d eat it as a first course—because pasta is always the first course. So this dish is a bit of a departure for Italians in Italy, but it makes sense as an Italian-American soup.”

- 1 pound sweet Italian sausage, casings removed
 - 1 cup finely chopped onion
 - 2 cloves garlic, minced
 - 5 cups low-sodium beef broth
 - 1/2 cup water
 - 1/2 cup red wine
 - 4 large tomatoes, peeled, seeded, and chopped (or 2 cups no-salt-added canned, diced tomatoes)
 - 1 cup thinly sliced carrots
 - 1/4 cup roughly torn fresh basil leaves
 - 1/2 teaspoon dried oregano
 - 1 (8-ounce) can no-salt-added tomato sauce
 - 1 1/2 cups thinly sliced zucchini (from a 6 1/2-ounce zucchini)
 - 3 tablespoons chopped fresh parsley
 - 8 ounces fresh or frozen tortellini
- [From our kitchen: We used an

8-ounce package of fresh cheese tortellini, but the soup is brothy enough to handle up to 12 ounces if you have a larger package.]

3/4 cup grated parmesan cheese

- 1 Brown sausage in a 5-quart heavy pot over medium-high heat. Transfer sausage to a plate and drain off fat from pot, reserving 1 tablespoon drippings in pot.
- 2 Sauté onion and garlic in drippings over medium-high heat, stirring, until tender, about 7 minutes. Stir in broth, water, wine, tomatoes, carrots, basil, oregano, tomato sauce, and sausage. Bring to a boil. Reduce heat and simmer, uncovered, for 30 minutes.
- 3 Skim fat from soup. Stir in zucchini and parsley. Simmer, covered, 10 minutes. Add tortellini and simmer 10 minutes more. Divide soup among bowls and top each with 1 1/2 tablespoons cheese.

[From our kitchen: This soup—before adding the tortellini, parsley, and cheese—can be made up to 3 days ahead and chilled, covered, or frozen up to 3 months.]

PER 1 1/4-CUP SERVING 376 CAL; 9.1g FAT (4.1g SAT); 18.5g PRO; 28.8g CARB; 3.2g FIBER; 691mg SODIUM; 35mg CHOL

YOU SAID

Quick tip on peeling the tomatoes: Slice an X in the top of each tomato, drop in boiling water for a few seconds, drain, and put immediately in an ice-water bath. The

skins will come right off, and then you can cut them in half and squeeze the seeds out. —ELIZABETH

Don’t skip the vino! I used wine (as the recipe calls for) this

time, and it made a huge difference. —MAMACITA

Fabulous, even with dried herbs and frozen tortellini. Serve with crusty bread and butter. —GRAMMA & GREGG



Soup’s on! Blipp the page to see this recipe in motion (page 4 has blipp details), or go to armagazine.com/sausage-tortellini-soup-video

TRADITIONAL OSSO BUCO

armagazine.com/traditional-osso-buco

Alessandra says: "Osso buco is typical of Milan, in northern Italy, where it's served with risotto alla milanese. Osso buco means 'bone with a hole.' The hole is the marrow hole in the middle of the bone in the veal shank. This is not a special-occasion dish, but it's very hearty, and we would eat it mostly in the winter. And we would eat the marrow from the bones. This recipe is really true to how we would cook it. Even the gremolata (or gremolada in Italian), the garlic-lemon-parsley mixture you sprinkle on at the end, that's very traditional."

FOR OSSO BUCO

- 4 (1½- to 2-inch-thick) veal shank pieces (about 2½ pounds) *[From our kitchen: Ask your butcher to tie each piece with string so the meat will stay in place; just be sure to remove string before serving. Instead of the veal, you can swap in the same amount of pork shoulder (cut for stew), or use pork, lamb, or beef shank pieces.]*
- 1 teaspoon salt
- ¼ cup flour
- ¼ cup butter *[From our kitchen: We used 2 tablespoons butter and 2 tablespoons olive oil here. The olive oil helps keep the butter from burning.]*
- 1½ cups chopped onion (1 large)
- 1⅓ cups chopped carrot (1 large)
- 2 cloves garlic, thinly sliced
- ⅔ cup dry white wine
- 1 (14.5-ounce) can diced tomatoes
- ¼ cup low-sodium beef broth or water
- ¼ teaspoon black pepper

FOR GREMOLATA

- ½ cup chopped flat-leaf parsley
- 1 clove garlic, minced
- 2 teaspoons grated lemon zest

Make osso buco:

1 Preheat oven to 350°F. *[From our kitchen: Though you can finish this on the stovetop, as in the original, we baked the dish in the oven for less fuss.]* Sprinkle veal with ½ teaspoon salt and dust lightly with flour.

2 Heat butter in a large, deep, ovenproof skillet (with lid) or Dutch oven over medium heat. Brown veal, turning, about 5 minutes per side. Transfer to a bowl. Add onion, carrot, garlic, and remaining ½ teaspoon salt to skillet and cook, stirring frequently, until vegetables are tender, 12 to 15 minutes. Return veal to skillet, then add wine and simmer 10 minutes. Stir in tomatoes, broth, and pepper and bring to a boil. Cover and transfer to oven.

3 Bake until meat is tender but not falling off the bone, about 1½ hours.

Make gremolata:

- 4 Mix together parsley, garlic, and lemon zest in a small bowl.
- 5 Serve veal with sauce from baking and sprinkle with gremolata.

[From our kitchen: This can be made up to 3 days ahead and chilled, covered, or frozen for 3 months.]

PER SERVING (1 PIECE VEAL, ¾ CUP SAUCE, AND 2 TABLESPOONS GREMOLATA) 458 CAL; 18.3g FAT (9.2g SAT); 42g PRO; 22.9g CARB; 3.9g FIBER; 1,062mg SODIUM; 181mg CHOL



Blipp this page to instantly browse polenta recipes to serve with your osso buco, or visit armagazine.com/polenta-collection



SUBMITTED BY
PickledPossum

PREP 20 min

COOK 2 hr, 5 min

READY IN 2 hr, 25 min

SERVES 4

RATING



118 reviews

YOU SAID

An Italian friend of mine suggested I brown the shanks in pancetta fat instead of butter. I chopped up about a quarter pound of pancetta, fried it, removed it from the pan, and browned the shanks and onions in 2 tablespoons of the drippings. I added the

fried pancetta with the other ingredients. One other thing he told me: Do not substitute bacon. It has to be pancetta.
—COVERDALE

This recipe is so good and so easy, you'd have to be crazy not to make it! Just tell your butcher that you want a veal

shank prepped for osso buco. You will probably get three pieces from a shank. —@UZZIMAN

I browned the shanks on both sides in a skillet, then transferred them to a slow cooker and cooked them for eight hours. They were so tender! —SUE







RED HOT CHILE PEPPERS

You're there, staring a little nervously at all the colorful chile peppers. You're probably wondering which of them is spicy enough to make you cry: That big green one? The small, skinny red one? The innocent-looking orange guy? Perhaps you've been burned before, and you'd like to know what you're getting—fireworks, slow burn, or dud—before you dive in. Not to worry. Though the world is home to thousands of chile pepper varieties, only a relative few are widely sold for cooking, and most of those aren't going to melt your face off. Used with a little common sense, they're just going to add peppery, fruity, nutty, or smoky new dimensions to your dinner.

By PopeOfPeppers

THE "C" WORD: CAPSAICIN

Capsaicin is the chemical in chile peppers that makes them spicy. Found in no other plant or animal on earth, it's most concentrated in the ribs and other pithy white tissue inside chile peppers. (Seeds get coated with capsaicin from that tissue when peppers are chopped up for cooking, which makes people mistakenly think that the seeds are the hottest part.)

Contact with capsaicin activates capsaicin receptors

in your mouth and other membranes (skin, eyes, lips), creating the illusion of heat and causing perspiration, watery eyes, a runny nose, flushed cheeks, and eventually the release of endorphins.

Basically, your body views capsaicin as an invader and tries to flush it out. When the attack is over, your relieved brain sends out the all-clear signal—"We lived!" That's the heady rush that spicy-food fans love.

THE SCOVILLE HEAT SCALE

American pharmacist Wilbur Scoville developed a way to rate the relative spiciness of chile peppers back in 1912. His original method involved having people taste a series of solutions containing lessening concentrations of chile until they no longer sensed the spiciness. For example, if the last solution to register as spicy was 100 parts water to one part pepper, the pepper rated 100 Scoville Heat Units (SHUs). The higher the number, the more intense the spiciness.

We still measure chile pepper heat in terms of SHUs. But these days the most accurate way uses machines called chromatographs to measure the capsaicin in ground chile samples. (No human tongues required. Phew!)



PICK A PEPPER

Whether you like things mild or smokin' hot, there's a chile that fits the bill. Here are some from each heat level that are worth knowing.

7-Pot

(1 million to 1.5 million SHUs)

So named because a single pepper could be used to spice up seven pots of stew, this chile illustrates the concept of dilution. The hotter the pepper, the less of it you need to spice up a dish. It is native to the Caribbean island country of Trinidad and Tobago.



Habanero

(100,000 to 500,000 SHUs)

With a name meaning "from Havana," these peppers are blisteringly hot. They are used in Caribbean dishes such as Jamaican jerk pork or Bahamian conch salad and in sauces, often diluted in a slightly sweet base of vegetables or fruits such as carrots or papayas. Beyond the heat, they add a somewhat floral and citrusy flavor. Reminder: Always wear gloves when handling habaneros.



CRAZY HOT *

Trinidad Scorpion

(1 million to 1.5 million SHUs)

So named because the pod has a tail like a scorpion's, this chile scores 1.4 million Scoville Heat Units, earning it the Guinness World Records "Hottest Pepper in the World" title in 2011. (It was later dethroned by a pepper called Smokin' Ed's Carolina Reaper, which rated 1.5 million SHUs.) Use it very, very sparingly.



Ghost

(1 million to 1.5 million SHUs)

Research indicates the ghost pepper, originally from Trinidad, was transported to India by the British in the mid-1800s. Also known as *Bhut Jolokia*, it was the first chile measured that surpassed 1 million SHUs. The only way to cook with this and other superhot peppers is to use it in a highly diluted way. Add just a tiny bit of the pepper flesh, with none of its seeds or membranes, to a large amount of something else.



HOT

Dried: Cayenne

(30,000 to 50,000 SHUs)

Cayenne chiles are commonly dried and ground into a very hot powder that's sprinkled on any food you wish to spice up without altering the flavor too much. A pinch of cayenne powder comes in handy when a sauce you've made is too mild.



Dried: Piquín

(30,000 to 50,000 SHUs)

The name comes from *pequeño* (Spanish for "small"), and indeed, the perky peppers (they point up rather than hang down from the stems) are usually less than an inch long. But they pack quite a punch. They are used fresh in salsas or dried and ground into a very hot powder. They're also called bird's eye peppers or bird peppers.



Chiltepin

(50,000 to 100,000 SHUs)

Known as "the mother of all chiles" and also sometimes called *tepin* chile or flea chile, this very old, wild, spherical variety resembles a small, red pea. When concentrated into a powder or paste, its heat can rival that of the superhot chiles.



Thai

(30,000 to 50,000 SHUs)

There are several varieties, but the most common ones are very small and thin, about a half-inch long. They are commonly used whole (or halved lengthwise) in stir-fried dishes, but it's wise to remove them before serving. You don't want your guests unwittingly biting into one.



Dried: Chipotle

(2,500 to 5,000 SHUs)

The chipotle (meaning "smoked chile") is a smoke-dried red jalapeño. Sold dried (whole or ground into powder) or canned (whole in vinegar-based adobo sauce), it adds smoky flavor to the heat, and it's great stirred into sauces, soups, and mayonnaise. Tip: Adobo sauce can be very high in salt, so rinse canned chipotles before using if you're watching your sodium intake.

Yellow Wax

(1,500 to 2,500 SHUs)

These 3-inch peppers range from mild to medium-hot and mature to a yellow or orange color. They are used raw in salads, pickled, or stuffed with various cheeses and served as appetizers.



MEDIUM



Serrano

(5,000 to 15,000 SHUs)

Two inches in length or less, thin serranos ("mountain peppers") are sold either red or green and are commonly used in salsas. They are sometimes cut into rings and added to soups or stews to spice them up. They're similar in flavor to jalapeños.

Jalapeño

(2,500 to 5,000 SHUs)

These chiles take the name of the city of Jalapa, Mexico, where they were first grown, and they are a favorite pepper in Texas cooking. Their heat level can vary a bit

with their size. The larger and milder ones can be stuffed and fried, and the smaller and spicier ones are ideal for salsas and sauces.

MILD



Poblano

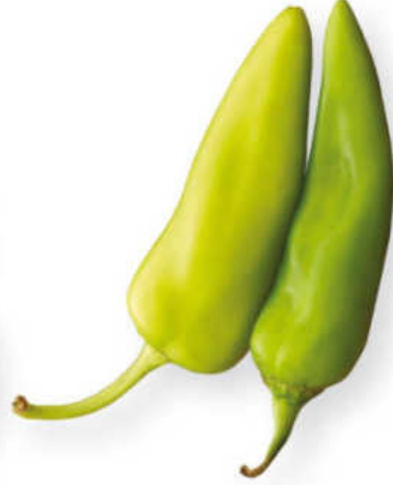
(1,000 to 1,500 SHUs)

The top chile in Mexico, poblanos (translated as "the people's chile") are plump and resemble small, very dark green bell peppers. As with New Mexican chiles, when green they must be roasted and peeled to remove their tough skin before using. They're delicious when stuffed, and are used in Mexican mole sauces and roasted pepper salsas, such as *salsa cruda* de Chihuahua.

Pepperoncini

(10 to 100 SHUs)

These waxy looking, yellow-green Italian peppers, also sometimes spelled pepperoncini, can be enjoyed fresh or pickled and are commonly eaten as snacks. They're often cut in half lengthwise, seeded, and stuffed with a cream cheese mixture. They are one of the few peppers other than bell peppers used in garden salads, where they add a low-level spiciness.



Dried: Ancho

(1,000 to 1,500 SHUs)

When poblanos mature and turn red, they are dried and called ancho peppers (ancho means "wide"). When dried and flattened, they are almost as wide as they are long). They can be rehydrated and stuffed, but they are primarily ground and used in sauces for enchiladas and tamales.

New Mexican

(500 to 1,000 SHUs)

Called Anaheim or Hatch in many parts of the country, these long green chiles are roasted and peeled before eating. They turn red in late summer and fall and are dried on strings and called ristras. They're the key pepper in New Mexico, where the official state question is "Red or Green?"—a reference to the two sauces made with them. They're also commonly roasted, peeled, stuffed, battered, and fried for the dish known as chiles rellenos.

*These and other superhot peppers are not typically sold in grocery stores, but you can find them in various forms (fresh in season or dried year-round, and as seeds or plants to grow your own) online at webstieslikechileplants.com. Other places to check: farmers' markets or Latin, Asian, Indian, or African specialty food stores (sometimes in the freezer). 7-POT, TRINIDAD SCORPION, GHOST, and CHIPOTLE PHOTOS: SHUTTERSTOCK. YELLOW WAX AND NEW MEXICAN PHOTOS: STOCKFOOD. CAVENNE PHOTO: PEPPERONCINI PHOTO: DREAMTIME

CHILE FAQ

I touched a hot pepper and rubbed my eyes. Ow! What now?

Flush your eyes with water or saline solution until you wash the capsaicin away. The pain is intense, and your sight will be impaired (capsaicin is the active ingredient in pepper spray, after all), but the effects are only temporary.

Why does my nose start to run when I eat chiles?

Your nervous system treats capsaicin as an invader, and making your nose run is one way the body fights to repel the attacker.

Does freezing chiles destroy the capsaicin in them?

On the contrary: Chiles that have been frozen are more potent than fresh. They lose water as

they freeze and thaw, so capsaicin concentration increases. Same goes for peppers that are withering on your counter or in your fridge: As they dry out, they get more spicy.

Which spelling is correct: chile, chili, or chilli?

Actually, all are right. "Chile" is the spelling in Mexico, "chili" is the Anglicized form of that, and "chilli" is the spelling in Europe and Asia. Many American food publications (including this one) use "chile" when referring to a specific hot pepper and reserve "chili" for unspecified mixtures containing hot peppers, like the "chili powder" you use in the stew also known as "chili."



Tip: White parts pack more heat than seeds.

SAFE CHILE HANDLING

Put out the fire: The best way to cool a chile-scorched tongue is to drink milk or eat thick dairy products like yogurt or sour cream. They contain casein, a protein that strips capsaicin molecules from the receptors in your mouth. Crunchy foods also help; the texture distracts your brain.

Protect your skin and eyes: Wear plastic or rubber gloves when cutting or handling chiles.

Protect your airways: When grinding dried chiles in a food processor, open the windows or do the grinding outside and wear a painter's mask if possible. Inhaling chile fumes can cause intense sneezing, coughing, and a runny nose.

Chill out: The freezer is the best place to store any kind of ground chiles, including powders and pastes. Ground chiles lose color and flavor when exposed to air and sunlight.

Size matters: A small pepper has less flesh to dilute the spicy capsaicin, so usually the smaller the pod, the hotter the pepper.





SMART PEPPER USAGE

- In cooking, always add small amounts of chile early on and taste the dish as it cooks to find the heat level you like. Chile flavor becomes more pronounced and complex during cooking but not necessarily hotter (unless there's a lot of evaporation). Once a dish is too spicy, the capsaicin can't be removed. The only way to cool it down is to add more non-chile ingredients to dilute the capsaicin (or eat it with some creamy dairy products).

- If you're starting with dried peppers, wipe them off with a damp cloth, then grind them in a food processor or soak in a bowl of hot water to rehydrate before chopping. Toasting dried peppers briefly in a dry skillet before grinding activates the oil in the skin and boosts their nutty, smoky flavor.

- If you can't find a particular variety of chile, you can always

substitute something similar. If your store is out of fresh Anaheim chiles, for example, try a poblano or another large, mild pepper. Any small, not-too-hot fresh pepper is a good stand-in for a serrano. If you don't have any New Mexico red chile powder, mixing a small amount of cayenne into paprika makes a reasonable substitute.

- If you have more peppers than you can use at once, you can make salsa or sauce with them and freeze, or tuck small fresh chiles in a zip-top plastic freezer bag and freeze them whole. You can also use them to make chile-infused vinegars or liquors: Submerge whole pods in vinegar or vodka in a clean, covered jar in the fridge. Taste a drop or two daily until you like the spice level, and then remove the pods. Keep, indefinitely, in the fridge.

GOOD TO KNOW

Thank Columbus: Before his travels, chile peppers weren't grown in Asia, India, or Europe. It's believed that all chiles available today stem from New World crops, which spread to the Old World when Columbus brought seeds back to Spain in 1493.

Chiles, by the numbers: There are about 30 known chile pepper species, five domesticated species, and thousands of cultivated varieties worldwide.

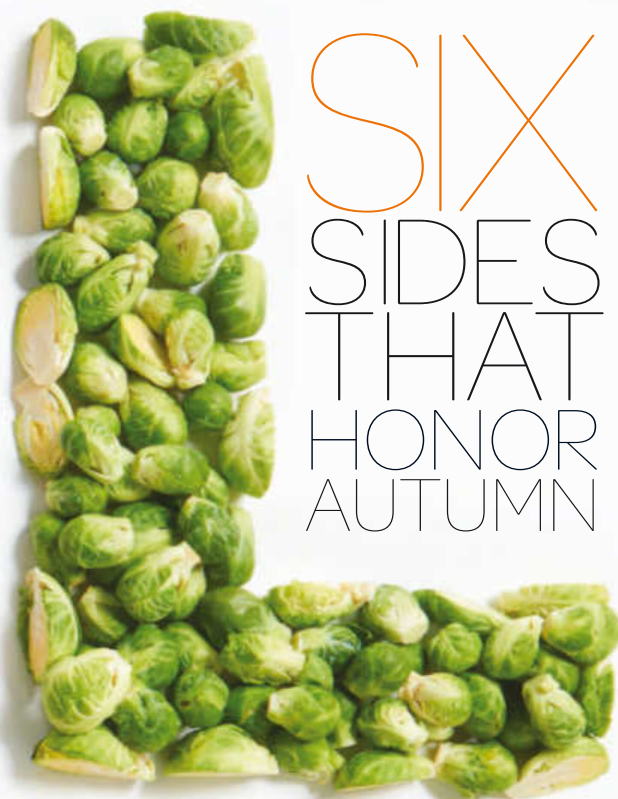
Blame your parents: Whether and how much you dig chiles is determined largely by your DNA. It hinges on the number of capsaicin receptors you have, and that's an inherited trait. That said, most people can adapt to eating hotter chiles as they gain experience consuming them. So the more chiles you try, the more you may like them.

Chiles as medicine: The capsaicin in chile peppers is antibacterial, which is one reason fresh chiles and chili powder have been used in herbal medicine to treat open wounds. (Ouch!) Capsaicin is also sold in ointments and creams as a treatment for arthritis and cluster headaches.

Trick: Toast dried chiles before grinding.







SIX
SIDES
THAT
HONOR
AUTUMN





SUBMITTED BY
Boomdog02
PREP 25 min
COOK 24 min
READY IN 50 min
SERVES 8
RATING
★★★★★
58 reviews

SHAVED BRUSSELS SPROUTS WITH BACON AND ALMONDS

armagazine.com/shaved-brussels-sprouts

"Brussels sprouts are shredded like cabbage and quickly sautéed in bacon drippings with garlic and almonds. This recipe has made Brussels sprouts lovers out of haters." —BOOMDOG02

- 6 slices bacon, chopped
- 2 chopped tablespoons minced garlic

2½ pounds Brussels sprouts, trimmed and thinly sliced [*From our kitchen: The original recipe called for 4 pounds of sprouts, but we found 2½ pounds to be plenty for 8 people, and they fit more easily into our skillet.*]

- ¾ teaspoon salt**
- ½ teaspoon black pepper**
- 2 tablespoons red wine vinegar**
- ⅓ cup sliced almonds, raw or toasted**

1 Fry bacon in a large, deep skillet over medium heat until browned and crisp, 5 to

10 minutes. Remove bacon with a slotted spoon and transfer to paper towels to drain. Do not clean skillet.

2 Cook garlic in bacon fat in skillet over medium heat, stirring, just until fragrant. Add Brussels sprouts, salt, and pepper, tossing to coat with hot fat. Sprinkle vinegar over sprouts, tossing again to coat. Cook, stirring frequently, until sprouts are just wilted, 12 to 15 minutes. Remove from heat, add bacon and almonds, and toss well.

PER 1-CUP SERVING 187 CAL; 12.4g FAT (4.1g SAT); 7.8g PRO; 14.4g CARB; 5.9g FIBER; 366mg SODIUM 13.5 mg CHOL

YOU SAID

“I shaved the Brussels sprouts with my ceramic slicer; nothing could be easier. I also used olive oil and butter. Even the teenage boys who turned up their noses dove back in for seconds. Four teens ate Brussels sprouts! Hades has frozen over in our city. —SHELTEREDROSE

I'm one of those grown-ups who won't eat vegetables. But I ate these. And I liked them! I used a mandoline to shave them; it was very easy, and they looked great. —JENN

Make sure you use thick slices of bacon so that you get enough fat to cook with, and that you slice the Brussels sprouts thin. I'll be making this fantastic recipe for years to come! —MRSBELLA08

Instead of almonds, I use pine nuts, and at the end, with the bacon, I also add sliced green onion tops. Delicious! —JAMIE

YOU SAID

“I run a child-care center and at the end of the day I asked one of the 4-year-olds to help me prepare these. He asked to try one, and I said sure, thinking he wouldn’t like them. Big mistake. He loved them and ended up eating half the batch.” —ALISSALEE

Pleasantly surprised! I added cracked pepper and garlic powder, and substituted sea salt for garlic salt, then put together a spicy garlic aioli for dipping. Very pleased with this find! —MATTWURTHOG

I flipped them after 10 minutes to help them cook evenly. After 20 minutes, I broiled them three to four minutes per side, which helped them crisp up. Watch them closely if you broil them; they can burn easily. —PATSTRICKER

I added a shake or two of panko to the seasonings bag and they came out with a nice crunch. —WISWEETP

TURNIP FRIES

armagazine.com/turnip-fries

“My daughters and I are on a low-carb diet and were looking for something to curb our french fry cravings. I’d heard that turnips can be made into some great ‘fries,’ so I experimented with it and came up with this. You can add whatever spices you’d like.” —IM COOKIN

3 pounds turnips, peeled and cut into 1/3x3-inch sticks *[From our kitchen:*

Look for turnips that are no more than 3 inches in diameter—larger turnips get fibrous inside.]

- 2 tablespoons vegetable oil**
- 2/3 cup grated parmesan cheese**
- 1 1/2 teaspoons garlic salt**
- 2 teaspoons paprika**
- 2 teaspoons onion powder**

- 1** Preheat oven to 425°F. Line 2 baking sheets with aluminum foil and lightly grease.
- 2** Toss turnips with oil in a large bowl until coated. Put parmesan, garlic salt, paprika, and

onion powder in a large resealable plastic bag, and shake to mix. Add turnips to bag, and shake until evenly coated with spices. Spread turnips in a single layer on prepared baking sheets.

3 Bake in upper and lower thirds of oven until crisp on outside and tender on inside, about 30 minutes. *[From our kitchen: Because turnips don’t have the starch content that potatoes do, these fries won’t be as crisp as potato fries. But they’re delicious all the same.]* Serve immediately.

PER 3/4-CUP SERVING 100 CAL; 5.5g FAT (1.4g SAT); 3.3g PRO; 10.6g CARB; 2.8g FIBER; 394mg SODIUM; 5.8mg CHOL

SUBMITTED BY
Im Cookin
PREP 25 min
COOK 30 min
READY IN 55 min
SERVES 8
RATING
★★★★
74 reviews

YOU SAID

“Holy cow! The butter is what’s unusual about this recipe, and it’s the best cauliflower I’ve ever eaten. I ate it like candy. Thanks, Chef John!”
—SUSAN EMMA


You made me look like a rock star in front of my new husband! Neither of us had ever had roasted cauliflower. This was simple and quick to prepare, and we were both thrilled with the end result. —\$00Z

Once in a while I add and sauté chopped garlic in the butter; other times it’s red pepper with a little cumin. This is the best way to make cauliflower. —TUKAUSSEY

I’m trying to cut my butter intake, so I used avocado oil because it has a buttery taste but is healthier. I also added a few shakes of granulated garlic. So fabulous! —NEVADAMOM



BUTTER-ROASTED CAULIFLOWER

 armagazine.com/butter-roasted-cauliflower

“Tremendously tasty. It’s almost like discovering a new vegetable.” —CHEF JOHN

1 (1¾-pound) head cauliflower, trimmed and cut into 2-inch florets (5 cups)

2 tablespoons butter, melted
¼ teaspoon salt
¼ teaspoon black pepper

- 1 Preheat oven to 400°F. Coat a baking sheet with cooking spray, or line it with parchment paper or a silicone mat.
- 2 Spread cauliflower onto prepared baking sheet. Brush each cauliflower floret with some melted butter and sprinkle with salt and pepper.

3 Roast for 30 minutes. Flip cauliflower over and continue roasting until tender and golden, about 10 minutes more.

PER ⅔-CUP SERVING 82 CAL; 6.6g FAT (3.8g SAT); 3.3g PRO; 0.1g CARB; 0g FIBER; 199mg SODIUM; 15.3mg CHOL



Blipp it, watch it, make it! (Page 4 shows how easy it is.) Or go to armagazine.com/butter-roasted-cauliflower-video



SUBMITTED BY
Chef John

PREP 10 min

COOK 40 min

READY IN 50 min

SERVES 4

RATING



32 reviews



SUBMITTED BY
Chef John

PREP 10 min

COOK 20 min

READY IN 30 min

SERVES 4

RATING



10 reviews

CHEF JOHN'S BRAISED RED CABBAGE

 armagazine.com/chef-johns-braised-red-cabbage

"This is a very beautiful, super-easy cabbage side dish. All ingredients are totally to taste. It's a little bit sweet and a little bit tangy, with a tiny hint of caraway to interest you." —CHEF JOHN

2 tablespoons butter

1 small (1 $\frac{2}{3}$ -pound) head red cabbage, cored and thinly sliced

$\frac{1}{2}$ teaspoon salt

$\frac{1}{4}$ teaspoon black pepper

$\frac{1}{3}$ cup water

$\frac{1}{4}$ cup red wine

$\frac{1}{4}$ cup red wine vinegar *[From our kitchen: The original recipe called for 2 tablespoons of vinegar, but we liked the cabbage more with extra tang.]*

2 tablespoons sugar

1 pinch caraway seeds

1 Melt butter in a large skillet over medium heat. Cook cabbage with salt and pepper until it begins to soften, 1 to 2 minutes. Add water, wine, and vinegar, stirring to combine. Stir in sugar and caraway seeds.

2 Continue to cook, stirring, until liquid has

evaporated, about 5 minutes. Add up to $\frac{1}{4}$ cup of water and continue cooking until cabbage is tender but still has texture, about 13 minutes.

[From our kitchen: This dish, which can easily be reheated, can be made 3 days ahead and kept chilled. Serve it with smoked pork chops or kielbasa for an easy weeknight dinner.]

PER 1-CUP SERVING 138 CAL; 6g FAT (3.7g SAT); 2.3g PRO; 18g CARB; 3.2g FIBER; 380mg SODIUM; 15.3mg CHOL



Blipp it, watch it, make it! (Page 4 shows how easy it is.) Or go to armagazine.com/chef-johns-braised-red-cabbage-video



**YOU
SAID**

“Excellent! Did not change anything. This is definitely a make-ahead recipe. It was so much more flavorful the next day.”
—CAROL L.


I've never had braised cabbage, so I have nothing to compare this to, but I like it. I served it with grilled tuna. Thanks for the recipe, Chef John! —LOVESTOHOST

Great easy, basic recipe that can be modified in many ways. I'll play with it in the future.
—GINGERSNAP68



SUBMITTED BY
Demara
PREP 5 min
COOK 5 min
READY IN 10 min
SERVES 4
RATING
★★★★★
102 reviews

GARLIC KALE

 armagazine.com/garlic-kale

"A delicious, garlicky way to cook the antioxidant-rich kale!" —DEMARA

2 tablespoons olive oil
4 cloves garlic, minced

1 (13-ounce) bunch kale, stemmed and leaves torn (10 cups packed) [*From our kitchen: Green, Red Russian, and 'Lacinato'—also known as black or dinosaur—kale varieties work equally well in this dish.*]
½ teaspoon salt

Heat oil in a large pot over medium heat. Cook garlic, stirring, just until fragrant, about 1 minute. Add kale and salt and cook, stirring frequently, until kale is wilted, about 4 minutes.

PER ⅔-CUP SERVING 109 CAL; 7.6g FAT (1g SAT); 4.1g PRO; 9.1g CARB; 3.4g FIBER; 326mg SODIUM; 0mg CHOL

YOU SAID

“First time eating kale, and I am in love! I added about a half-cup of chicken broth, covering to let the kale steam for a few minutes. Totally delicious!” —TOMLIBBY

“Do I like kale?” my husband asked, looking at me suspiciously over the top of his glasses. After eating it cooked this way, he had to agree with me that he does indeed. —KEZ

If you massage the kale a little before adding it to the skillet, it makes the leaves more tender and you don't have to cook them very long. A sprinkle of parmesan cheese is a wonderful addition. —CHARLEE

Flavor variation: Instead of olive oil, brown a couple slices of good-quality bacon, chopped, then leave the bacon bits in for flavor and texture. —TWL

YOU SAID

“I’ve never had acorn squash that wasn’t sweet, so I’m ecstatic to have found this recipe. Who knew the skin was edible? This is as good as acorn squash gets. —POSHLYNNE

Squashy five-star good! The thyme and parmesan really came together beautifully with the sweetness of the squash, and I also love eating the skin! —ROCK LOBSTER

I didn’t have thyme, so sprinkled a little Italian seasoning, and I used a little feta cheese along with the parmesan. —WENDYBIRD82

My husband hates squash, but he absolutely loved this! At one point he even said he couldn’t believe he was actually eating squash! I baked them for 15 minutes, then flipped them over and baked them another 15 minutes. So delicious. —MJ

PARMESAN-ROASTED ACORN SQUASH

armagazine.com/parmesan-roasted-acorn-squash

“Very simple but satisfying. This is also good with delicata squash.” —STEPHTAYLOR

1 (2-pound) acorn squash, halved lengthwise, seeded, and cut

into ¾-inch-thick slices
¼ cup grated parmesan cheese
8 sprigs fresh thyme or 1 teaspoon dried thyme
2 tablespoons olive oil
½ teaspoon kosher salt, or to taste
¼ teaspoon black pepper, or to taste

- 1 Preheat oven to 400°F.
- 2 Toss squash slices, parmesan, thyme, oil,

salt, and pepper together in a bowl until squash is evenly coated. Arrange in a single layer on a large rimmed baking sheet.

3 Roast until golden brown and tender, 25 to 30 minutes. [*From our kitchen:* For more even browning, turn the squash after 20 minutes and roast 10 minutes more.]

PER ½-CUP SERVING 150 CAL; 8.3g FAT (1.7g SAT); 2.8g PRO; 18.8g CARB; 2.7g FIBER; 236mg SODIUM; 4mg CHOL

SUBMITTED BY
Stephtaylor
PREP 10 min
COOK 25 min
READY IN 35 min
SERVES 4
RATING
★★★★★
50 reviews

COOKING SCHOOL

No-Knead Know-How

Even if you don't consider yourself a "baker," you can make this gorgeous loaf of bread. Really.

We know it seems too good to be true: With little effort and absolutely no kneading, you can have homemade bread with a lacy inner crumb, great flavor, and a crusty crust. When baker Jim Lahey shared his no-knead bread approach with *The New York Times* in 2006, it understandably went viral.

If you never got on the no-knead bandwagon—or you did but fell off—you're in luck. We're stepping you through the method anew, with tips from nearly a decade of trial and tinkering by Allrecipes community members. The most important one: Start a full day ahead. *By Nicholio*



1.

THE LONG RISE (stir up a very sticky dough and go do something else for 18 hours)

Whisk together **3 cups flour**, **¼ teaspoon yeast** (instant or regular active dry yeast—your pick), and **1¼ teaspoons salt** in a large bowl. Stir in **1½ cups room-temperature water** (or more if needed) to form a sticky, shaggy dough. Cover bowl with plastic wrap.



Let stand at room temperature until surface is dotted with bubbles and dough pulls away in strings when you tip the bowl, about 18 hours at 70°F. The standing time will be less if your kitchen is warmer, longer if it's cooler. Let the bubbles and strings be your cue.



2.

THE SHORT RISE (shape dough into a blob and go do something else for 2 to 3 hours)

Pour dough onto a floured surface. It will be very loose and amoeba-like, but do your best to pour it out into an oblong shape. Then, with floured hands, fold it over onto itself a couple of times. Cover it loosely with the plastic wrap and let it rest 15 minutes.

Easy Variations

Herb it up

Add 3 teaspoons minced fresh herbs (equal parts rosemary, thyme, and oregano) to the dough in Step 1. Call it (Your Name Here)'s Herbed Artisan Bread.

Sweeten the pot

Add ¼ cup each chopped nuts and raisins or dried cranberries, ½ teaspoon sugar, and ¼ teaspoon cinnamon to dough in Step 1. Call it (Your Name Here)'s Awesome Breakfast Bread.

Make the top look cool

After the flop and before baking, top with:

- a sprinkling of poppy seeds, rolled oats, sunflower seeds, or sesame seeds
- thyme sprigs, rosemary leaves, or other chopped fresh herbs; plus a drizzle of olive oil and some cracked black pepper



With floured hands, quickly shape it into a round ball/blob by tucking and gathering the four corners beneath the rest of the dough. It will still be very loose, but do your best. Place ball/blob on flour- or cornmeal-dusted towel (cotton, not terry cloth) and dust top with more flour or cornmeal.



Cover with another towel and let rise until more than doubled in size. This will take 2 to 3 hours, depending on the temperature of your kitchen. Some say the dough should pass the poke test—not springing back immediately when poked with a finger—at this point, but as some Allrecipes users found, this dough usually is too soft for that. Let the volume be your cue.



3. **THE PLOP** (tip dough into a preheated pot)

Put an ungreased, heavy 3.5- to 5.5-quart pot (with its lid) in the oven, and preheat to 450°F. When oven and pot are hot, flour your hands and, working quickly, tip dough from towel into left hand, from left hand to right hand, and then into the pot, seam side up. It's a bit awkward, but even if it looks like a mess now, it'll be fine.



4. **THE BAKING** (tuck pot in oven for about an hour, covered during the first half)

Cover and bake 30 minutes. Then remove lid, and bake until crust is golden brown and an instant read thermometer inserted in center registers 212°F, 20 to 30 minutes more. If the thermometer comes out with a few wet crumbs, bake 5 minutes more.



5. **THE COOLDOWN** (wait for it!)

With oven mitts on, carefully tip bread (or lift it with a spatula) onto a cooling rack. Listen to it crackle (like a wood fire—so nice!) and let it cool to body temperature (at least 30 minutes) before slicing. Then marvel and devour. Cool completely, about 2 hours, before wrapping and storing.



Best Pot for the Job

Many no-knead recipes say you can use covered oven-safe glass baking dishes, but for breads, we find they just don't work as well as ceramic, enameled cast-iron, or well-seasoned cast-iron pots. For a crusty crust, you need something with a good seal and a heavy bottom that can take and hold high heat.

Many sizes work, but smaller pots tend to produce taller loaves while larger pots produce flatter ones. Also: Some resin lid knobs, even on high-end pots, are not oven-safe above 375°F. If you're not sure about yours, unscrew it and plug the hole with foil or replace it with an oven-safe metal knob before preheating.

Smart Storage

- If you like a crisp crust and will eat all your fancy artisan bread in a day or two, wrap the fully cooled loaf in a clean kitchen towel, tuck it in a paper bag, and slice off bread as you need it (this breathable wrapping will slow the staling a bit but keep the crust crisp). Use or freeze it all within two days.
- If you like a softer crust, tuck the fully cooled—and sliced, if you like—loaf in plastic bags. (The moisture from the inside of the bread will redistribute and soften the crust some.) Use or freeze within three days. Toast briefly to recrisp the crust, if you like.
- If you need longer storage: Wrap the sliced or unsliced loaf tightly in plastic wrap, tuck it in a zip-top freezer bag, and freeze up to eight months.

Let's talk no-knead!

Join the conversation live all day Sept. 18. While your dough is doing its own thing, let your fingers take you to armagazine.com/community, where you can ask and answer questions, share recipes, and chat about all your no-knead needs.



Want to be a better cook? Check out the Allrecipes Cooking School—more than a dozen courses, each just \$15. Blipp with your phone to visit the online school now (blipp details are on page 4), or go to armagazine.com/cooking-school




SUBMITTED BY
Joanne Reaney
PREP 15 min
COOK 13 min
READY IN 3 hr (includes
chilling and cooling)
SERVES 12 (makes 2 dozen)
RATING
★★★★★
879 reviews

One Smart Cookie

You don't need to wait until Girl Scout-cookie season for some peanut-buttery goodness: Allrecipes community member Joanne Reaney has earned her baking badge with this recipe! Super easy to make and even easier to eat. Take it from us and more than 900 other home cooks: These babies are a five-star favorite!

Oatmeal-Peanut Butter Cookies III

 armagazine.com/oatmeal-peanut-butter-cookies

"These are so close to the Girl Scout cookies that you won't know the difference!" —JOANNE REANEY

- ¾ cup flour
- ½ teaspoon baking soda
- ¼ teaspoon baking powder
- ½ teaspoon salt
- ½ cup white sugar
- ½ cup packed brown sugar
- 1 stick plus 3 tablespoons butter, softened
- 1 cup smooth peanut butter [From our kitchen: These cookies are pretty sweet, so we used an unsweetened peanut butter instead.]

- 1 teaspoon vanilla extract
- 1 egg
- 1 cup quick-cooking oats
- 1 cup powdered sugar
- 2½ tablespoons heavy whipping cream

- 1 Combine flour, baking soda, baking powder, and salt in a bowl.
- 2 Beat together white sugar, brown sugar, 1 stick butter, ½ cup peanut butter, and vanilla in a large bowl. Add egg and beat well. Stir in flour mixture. Add oats and stir until combined. Cover and chill dough for at least 2 hours or overnight. [From our kitchen: Chilling keeps the dough from getting too sticky to work with.]
- 3 Preheat oven to 350°F. Lightly grease 2 baking sheets.
- 4 Drop heaping teaspoons of dough, spacing about 1 inch apart, onto prepared sheets. Flatten mound into 1¼-inch rounds.

Bake in upper and lower thirds of oven, switching position of sheets halfway through baking, until light brown, about 10 minutes total. Let stand 1 minute, then transfer cookies to a rack to cool completely.

- 5 Make filling while cookies cool: Beat together powdered sugar, remaining ½ cup peanut butter, remaining 3 tablespoons butter, and cream.
- 6 Spread filling onto half of cooled cookies, then top with other half to form sandwiches.

[From our kitchen: Cookies will keep 5 days in an airtight container at room temperature, or frozen up to 1 month.]

PER 2-COOKIE SERVING 397 CAL; 23.5g FAT (9.9g SAT); 7.8g PRO; 42g CARB; 2.2g FIBER; 343mg SODIUM; 48mg CHOL



We asked our Facebook fans what their favorite Girl Scout cookie is, and Thin Mints won with a whopping 79%. You go, Girl (Scouts)!

YOU SAID

We just picked up my daughter's Girl Scout cookies, and I had to compare: These are so much softer, and the cream melts in your mouth. They are my new favorite cookies—and that's

saying a lot since there's no chocolate in them. —KJIANKE
Don't overbake! They don't look done when they come out of the oven, but they set up nicely as they cool. —ERIN C.

I melt 12 ounces of semi-sweet chocolate with 3 or 4 tablespoons of Crisco and dip one side of each cookie in the chocolate. I put them in the freezer on wax paper to set. —FREDTHEMAMMOTH

I baked these cookies in a mini tart pan for 10 minutes at 350°F and got about 50 mini tarts. I filled half with peanut butter filling and the other half with chocolate. Delicious! —LINWAT



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